

The Back & Neck Relief Center MESSAGE REVOLUTION

Local Massage Business Refuses To Let Summer Go To The Dogs

The Back And Neck Pain Relief Center Makes the Dog Days Your Very Best Days

LOS ANGELES - Aug. 12, 2020 - [PRLog](#) -- August is a strange month. It's long and has no holidays, and yet between vacations and school looming, it seems to fly by.

For better or for worse, summer is more than halfway over. Some of us have decided to hit it hard at the beach while others are putting in long hours in front of the computer screen.

Both of these activities have added up to a lot of back and neck pain. Even if you've managed to avoid tech neck, most of us are feeling the discomfort of continuing uncertainty with the shutdown.

That's why Manhattan Beach's #1 rated massage center Message Revolution wants to help you get the most out of summer's final days by relieving your aches and pains with trigger point massage.

Summer is usually a carefree time, but not this year. Months of stress from being glued to the news combined with too little (or sometimes too much) exercise has become a common theme, with the end result being pain and suffering.

While it takes you no time at all to figure out your body hurts, a lot of people don't realize that a lot of aches, pains and other symptoms including upset stomach and migraines are often caused by tiny muscle cramps called trigger points. Once activated, trigger points can be tough to get rid of.

Pain pills only offer temporary relief, and most of us prefer to avoid surgery when they can.

The solution? Trigger point massage therapy.

<https://massagerevolution.com/>

"There's a lot of pain out there." Owner of the LA-based Message Revolution Michael Greenspan has been in the business for almost 3 decades; he knows a few things about pain. "Trigger point therapy offers relief for a wide variety of conditions, and we're proud to be able to help."

Greenspan and his team of elite massage therapists don't want your summer to go to the dogs. If you've been searching for a drug-free, non-invasive way to manage your back and neck pain, check out trigger point therapy and neuromuscular massage.

Message Revolution has some four dozen highly-qualified therapists ready and waiting to help you. They're the biggest in Los Angeles for a reason: trigger point massage works.

MESSAGE REVOLUTION

THE BACK & NECK RELIEF CENTER

500 SEPULVEDA BLVD

SUITE 101

MANHATTAN BEACH, CA

310-798-4263

<https://www.massagerevolution.com/> (<https://massagerevolution.com/>)

Contact

Message Revolution's Back & Neck Relief Center

Owner - Michael Greenspan

***@massagerevolution.com

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