

The Back & Neck Relief Center MESSAGE REVOLUTION

School Days Shouldn't Leave You In A Daze

Local Massage Clinic Gears Up for Upcoming Tech Overload This Summer

LOS ANGELES - Sept. 5, 2020 - [PRLog](#) -- Back to school time is a "most wonderful time" for a lot of people, but this year is shaping up to be completely different.

With many school districts going exclusively online, both students and parents are having to make major adjustments to their schedule, habits and mindset. New experiences can be exciting, but change nearly always involves a certain amount of stress, and when these changes also include a lot of sitting in front of a screen, they're going to take a toll on the body.

Humans weren't designed to sit still for long stretches, and this modern habit has caused a significant increase in pain in back and neck muscles. The good news is that there is a drug-free, surgery-free way to counteract the pain of extended sitting: trigger point massage therapy.

Trigger points are tiny muscle cramps that cause big problems. Anything from migraine to foot pain may be the result of active trigger points. They fly under the radar of most doctors, and popping pain pills only offer temporary relief at best. Rather than resorting to anything more radical like surgery, give neuromuscular therapy a try.

"We've been seeing a steady increase in demand since the pandemic started," says Michael Greenspan, owner of the LA's #1 massage clinic, Message Revolution. "Trigger point massage therapy is a great, natural way to deal with all this extra computer time. We're so glad we've been allowed to reopen so that we can help get people out of their pain and back into feeling like their old selves."

<https://messagerevolution.com/>

In the business for thirty years, Greenspan is an old pro at neuromuscular massage.

He heads up an elite team of 30+ massage therapists out of his Manhattan Beach office. Message Revolution is the biggest massage clinic in the greater Los Angeles area. If you've been suffering from pain in back and neck muscles, or pain virtually anywhere else in the body, you need to put neuromuscular massage and trigger point therapy on your back-to-school checklist.

MESSAGE REVOLUTION

THE BACK & NECK RELIEF CENTER

500 SEPULVEDA BLVD

SUITE 101

MANHATTAN BEACH, CA

310-798-4263

Contact

Michael Greenspan

***@massagerevolution.com

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