

The Back & Neck Relief Center MASSAGE REVOLUTION

Los Angeles's Best Family-Owned Medical Massage Therapy Clinic for Pain Relief Promotes Healthy Living in Local Community



Discover why most "New Year's Resolution" exercise programs end up causing more pain, hardship and misery, and what YOU can do to make getting into shape simple, easy, and PAIN FREE!

Your New Year's Resolution To Finally Lose Weight And/Or Get In Shape Can Leave You Crippled On The Floor & Lead To A Lifetime Of Pain & Misery - - Unless You Do This ONE THING First!...

DON'T EVEN THINK ABOUT STARTING A NEW YEARS EXERCISE PROGRAM UNTIL YOU READ THIS, EVEN IF YOU HIRED A PROFESSIONAL TRAINER

LOS ANGELES & MANHATTAN BEACH, Calif. - Jan. 3, 2022 - [PRLog](#) -- Any day is a great day to start a pain-free healthy habit with medical [massage](#), but milestones like a new year can provide the necessary mental framework to make it happen.

After nearly two years of living in stress mode, caring for body and mind has never been more important. Pain in [back and neck muscles](#) is far too common in this age of online living. For the 30 million+ Americans who are suffering from low back pain right now, it's time to make a positive change.

<https://www.youtube.com/watch?v=Fgxoy-BiQKU>

Back pain is the top reason people take a sick day, adding up to billions of lost work hours each year. While the problem is sometimes caused by accidents or injuries, the most common origin is trigger points aka microscopic muscle cramps. The good news is that trigger point pain can be relieved without resorting to drugs or surgery. Even if the problem has been causing trouble for years, [trigger point massage and neuromuscular therapy](#) offer long-lasting and even permanent relief.

"People have put their health on the back burner for a long time now," says Michael Greenspan, owner of [Massage Revolution's](#) Back and Neck Relief Center in Manhattan Beach. "But they're feeling more

optimistic about the new year, which makes it the perfect time to invest in your health."

With over 30 years in the business, Greenspan knows a lot about pain — and more importantly, how to get rid of it. "What's so crazy about trigger points is the way they can mimic other problems," he says. "People are very relieved to discover that the pain in their chest is just a muscle problem, not heart trouble."

According to Greenspan, trigger points are the culprit behind all sorts of strange symptoms, including ones as diverse as numbness, migraines, and irritable bowel syndrome (IBS). Neuromuscular massage and trigger point therapy offer a simple, effective, natural alternative to conventional medicine, often with near-instant relief.

Trigger points can also cause aches and pains far from the actual trigger point, making it especially difficult to figure out where the issue lies. This is where Greenspan's crew of trigger point massage professionals comes in. The Back & Neck Relief Center is Los Angeles' top-rated massage clinic. It employs the largest collection of neuromuscular massage therapists in the world. If you've put off caring for yourself because life has been too hectic, the time has come to fix that. [Massage Revolution](#) accepts PPO insurance and membership savings are also available.

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