

The Back & Neck Relief Center MESSAGE REVOLUTION

Massage Therapy Makes The Perfect Gift For The Person Who Has Everything



Dads, Grads & Everyone Else Loves Massage Therapy, Especially Neuromuscular & Trigger Point Medical Massage for Maximum Pain Relief.

MANHATTAN BEACH, Calif. & LOS ANGELES - June 12, 2022 - [PRLog](#) -- We all get the occasional twinge, ouchie, or pain in back and neck muscles. Sometimes it's more than a twinge. These past couple of years have been tough. Every single person in [Los Angeles](#), Manhattan Beach, benefits from massage therapy whether or not you have a specific problem that needs attention.

Massage Revolution's Back & Neck Relief Center in South Bay has been around for decades. It's not only the biggest trigger point [massage](#) therapy center in Manhattan Beach & Los Angeles, but in the entire world. And every single one of the over three dozen-plus massage therapists on staff are experts in trigger point therapy, [neuromuscular massage](#), and medical massage.

Massage Revolution's founder and owner Michael Greenspan sees it all in his 32+ years in the massage business. Greenspan and his staff specialize in trigger point massage, a type of therapeutic massage that gets at the origin of aches and pains. Trigger points, aka, tiny muscle cramps, are these massage therapists' target and they don't stop until they run those pesky points out of town.

"Trigger points are as common as pimples, but cause a lot more pain," says Greenspan. "Releasing a trigger point feels like magic is happening."

Experts use Neuromuscular trigger point massage therapy to treat a wide range of problems from classic back and neck pain to headaches to chronic fatigue.

Trigger point therapy works even if the issue is troubling you for a long time. As common as trigger points are, most doctors don't know how to treat them, or even what they are. Doctors tend to take the standard approach and reach for the prescription pad, or worse, the scalpel.

Trigger point massage counteracts the effects of prolonged sitting and staring at screens, making it the

perfect gift for graduation or Father's Day. These days, just about everyone can use a tune-up from too much screen time.

Relieving pain also has a profound effect on mood. Grouchy dads disappear, replaced by pops who act and feel younger.

One of the best things about trigger point therapy and neuromuscular massage is that it is totally natural and offers genuine, lasting relief.

<https://youtu.be/CtQNneWz0Co>

Nobody wants another tie. Nobody needs a watch. Massage makes the perfect one-size-fits all gift. Even if, or especially if, the recipient is you.

For more information or to schedule an appointment, visit:

MESSAGE REVOLUTION

THE BACK & NECK RELIEF CENTER

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[Massage Revolution](#) also accepts most PPO [insurances](#).

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City/Town	Manhattan Beach
State/Province	California
Country	United States
Industry	Health
Tags	Massage Near Me , Massage South Bay
Link	https://prlog.org/12920893



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