

## The Back & Neck Relief Center MASSAGE REVOLUTION

**How Massage Therapy Near You Frees Your Body Of Pain So You Move Better, Sleep Better, Feel Better, Without Back Pain, Neck Pain, Headaches, And More!**



*Therapeutic Massage Therapy Lets Freedom Ring Out from Head to Toe this 4th Of July*

**LOS ANGELES & MANHATTAN BEACH, Calif. - June 29, 2022 - [PRLog](#)** -- A sore spot here, a twinge there. A groan escapes when you get up in the morning, or after a standard session at the computer. How often do you think, 'I'm getting old'?

We label pain in back and neck muscles 'normal' and get on with our day. But aches and pains don't have to be a regular feature of your body.

[Trigger point massage](#) can free you from all different types of soreness and discomfort.

What are trigger points? They're microscopic cramps in your muscles that make you miserable. They can be latent or active, and both are annoying.

Latent trigger points give you that stiffness that makes you feel your age. Active trigger points can make it hard to take a breath or even move.

It's a fact that trigger points, not injuries, accidents, or illness, are the primary cause of muscle pain.

The good news: trigger point therapy aka [neuromuscular massage](#) offers a simple solution to the problem.

The bad news: you've been suffering needlessly.

"So many people don't realize that they don't need to 'just deal with it,' *it* being pain," says Michael Greenspan, owner of [Massage Revolution's Back and Neck Relief Center](#) in [Manhattan Beach](#). He speaks from experience, having spent some three decades as a neuromuscular therapist in the massage business. "And then there are all those non-muscular issues that trigger point therapy fixes as well."

The list of non-muscular problems trigger point massage addresses is lengthy: digestive troubles, headaches and migraines, vision problems, numbness or pins and needles, even a runny nose or sore throat can be caused by trigger points, and thus solved by trigger point massage.

One of the top reasons to try trigger point therapy is because it is completely natural, and does not cause terrible side effects, as often happens with drugs and surgery.

Neuromuscular massage gets to the root of the problem and offers long-lasting relief, even if the issue has been troubling you for years.

[The Back and Neck Relief Center](#) is the largest trigger point massage center not only in Los Angeles but in the entire world. With some three dozen specially-trained therapists on staff, it's easy to get an appointment.

Massage Revolution accepts PPO [insurance](#) and membership savings plans are also available.

For more information or to schedule an appointment, please visit [Massage Revolution here](#).

<https://youtube.com/shorts/Fgxoy-BiOKU>

<https://youtu.be/CtQNneWz0Co>

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