

The Back & Neck Relief Center MASSAGE REVOLUTION

Can Massage Therapy Be an Effective Treatment for Long Haul COVID?



How Massage Reduces Pain, Anxiety, and Greatly Improves Respiration!

MANHATTAN BEACH, Calif. & LOS ANGELES - Jan. 24, 2023 - [PRLog](#) -- Although we are currently out of the pandemic stages of COVID 19, many people who contracted the virus are still dealing with long COVID. Common symptoms include fatigue and shortness of breath. Recent studies show that a [massage](#) can be effective in targeting respiratory issues to reduce long COVID symptoms.

"[Trigger point massage therapy](#) that targets the muscles of the neck, shoulder and abdomen can help ease long COVID-related breathing difficulties that may be further effected by overuse of these muscles," says Michael Greenspan, massage practitioner at Massage Revolution in Manhattan Beach. [PPO insurance](#) accepted too!

<https://youtube.com/shorts/Fgxoy-BiQKU?feature=share>

The science behind it focuses on the theory that the muscles in the body contribute to expanding the chest during respiration. When muscles are relaxed, they can aid with respiration without causing tension in other parts of the body. This makes for easy breathing so symptoms of long COVID 19 are more bearable.

Massage can also be performed directly on the diaphragm to relax the internal and external oblique abdominal muscles to further promote easy breathing.

In addition to increasing ease of breathing, massage can reduce COVID related anxiety. It is also effective in pain management minimizing joint and muscle pain that can be caused by long COVID. It can also address other symptoms such as headache and fatigue.

<https://youtu.be/CtQNneWz0Co>

For more information on how you can overcome symptoms of long COVID, contact Michael Greenspan through the [Massage Revolution website](#) or call 310-798-4263.

LA's own [Massage Revolution's Back & Neck Relief Center](#) is the largest trigger point therapy clinic on the planet with over three dozen therapists on staff.

[PPO insurance](#) is accepted and membership savings plans are available.

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

MESSAGE REVOLUTION

THE BACK & NECK RELIEF CENTER

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Contact

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Source	Massage Revolution's Back & Neck Relief Center
City/Town	Manhattan Beach
State/Province	California
Country	United States
Industry	Health , Retail , Medical , Lifestyle , Women
Tags	Massage Near Me , LA Massage , Back Pain Massage , Insurance Massage
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