

THE **7** QUESTIONS You **MUST** Ask **BEFORE** Choosing Your **MASSAGE** **THERAPIST!**

**A Consumer's Guide To
Quality Massage Care**



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Hello. This Consumer Awareness Booklet is brought to you by Michael Greenspan, neuromuscular therapist and owner of The Back & Neck Relief Center (Massage Revolution) in Manhattan Beach, CA. The purpose of this guide is to help you choose the right massage therapy services for you by arming you with 7 important questions you should ask any massage franchise, center, therapist, day spa or anywhere BEFORE agreeing to massage treatment. I am sharing insider secrets with you that some massage franchises, places and practitioners may not want you to know, yet I feel it's my duty and obligation to expose after 27 years in the massage industry as a teacher, educator, practitioner, and business owner. So let's begin...

Massage therapy has never been more popular: About 44 million Americans received a massage last year and of those 15 million or more did so for pain-relief within the last 5 years. A recent CNBC poll asked "Would you seek the care of a massage therapy practitioner for your low back pain?" and 20% said no, 8% were undecided, and a whopping 72% of the 2,584 respondents said, "Yes!" People who see massage therapists don't only want relaxation. They are seeking relief not only from stress and tension, but also for back and neck pain, shoulder pain, sciatic hip pain, carpal tunnel syndrome, headaches, migraines and more...without the use of dangerous drugs, sedatives, or surgery!

Across the country, the number of massage therapy visits per capita has doubled in the past 20 years. Today, massage therapists must complete their studies at an accredited professional school of massage therapy. After receiving their certification and massage therapy credentials, they must pass national, state, and/or city board examinations to obtain their license. To maintain their certification and insurance, most massage therapists are required to complete a specified number of hours of continuing education each year. However, it

should be noted that state requirements differ, so some massage therapists have literally thousands of hours under their belt while others have far, far less. Experience and training matters, as you will soon learn.

So if you are experiencing not only stress and low energy, but also back or neck pain, poor posture, headaches, carpal tunnel syndrome, or other aches and pains...then a massage therapist may be the right choice for you! You just have to know how to choose the right one.

**But Before You Are Convinced That Any
Massage Therapist Can Help You, You Must Be Aware That
Not All Massage Therapists Have The Same Training And
Experience, And Choosing The Wrong Massage Therapist Could Be
A Big Mistake, Even Cause You More Pain!**

In a moment, you will discover 7 questions you must know before choosing any massage therapist practitioner. But first, let's review what do most massage therapists do so you know why this form of care is so popular and effective!

The skilled massage therapists relieve or get rid of muscle pains and tension, and restore proper motion and function of the body by specifically releasing tight muscles and bringing your body back to balance. The right therapist can relieve so much pain and stress, and solve so many health problems that will not likely get better using traditional methods from medical doctors. If you have any chronic back or neck pain, for example, you probably know that taking drugs only masks the symptoms temporarily and does nothing to actually correct the cause of the pain.

There are literally countless examples of clients who could not get better with traditional methods, yet found quick and long lasting relief from highly skilled medical massage therapy treatments that required no drugs!

It's not that inexperienced therapists are just a waste of time and money; they can actually make your pain and problem worse! It's easy for the inexperienced therapist to focus on the wrong part of your body BECAUSE VERY OFTEN THE SITE OF YOUR PAIN IS NOT THE SOURCE OF YOUR PAIN.

So what should you ask BEFORE agreeing to your massage care?

Let's review these issues now:

Prior to care, a massage therapist should ask you detailed questions about your past and present health, do a thorough pain severity assessment, including a posture assessment for all muscle imbalances. He or she should completely analyze your muscles for any and all TRIGGER POINTS, which are the "landmine" knots medically and scientifically proven to be responsible for the root cause of over 80% of your chronic muscular pain. **Your therapist needs to be highly qualified in NAS Therapy (Neuromuscular Alignment System) to be highly effective at getting rid of the source of your pain. This is critical for pain relief. Without the understanding about landmine knots and trigger points and the ability to manipulate them successfully, massage will NOT ease your pain.**

He or she should analyze your posture carefully while you stand, then come up with a complete Recommended Action Plan for you. So for starters...

If you're looking for RELIEF from aches and pains, or even just a relaxation massage, Do NOT agree to care from any massage place that does not...

1. Have highly qualified therapists who specialize in NAS (Neuromuscular Alignment System) and getting rid of chronic pain.
2. Do a detailed posture assessment before your treatment to determine all muscle imbalances and trigger points contributing to your pain
3. Provide A Recommended Action Plan that details what specific care is needed...and why.

Unfortunately, there's a TON of "run-of-the-mill" massage franchises, massage places and day spas, including massage therapists, who treat every client pretty much the same, forgetting that every "body" is unique and different. It's like body factories there, where nothing is customized to that person's specific body.

Here's what you should know, and the 7 questions you must ask before choosing a massage therapist:

1. "Do you have a 100% satisfaction, no questions asked guarantee, where it's totally FREE if I'm not happy?"

Does your massage center or therapist put their money where their mouth is and guarantee your 100% satisfaction, or you don't pay a dime? Massages are so often "hit or miss," so it's downright scary to risk and try a new place or new massage therapist.

Just like a bad 2 hour movie, it can be super frustrating to waste time and money on a bad massage, even scarier and worrisome sometimes is when someone new, someone you don't yet fully trust, is about to push on your body often in sensitive, painful areas that you want relief in. You definitely DON'T want to get worse and shake things up!

When you're dealing with aches and pains, or just plain old muscle tension, it's critical to get a skilled therapist who specializes in pain relief, so make sure that wherever you go puts their money where their mouth is and stands 100% behind their service when they tell you "Don't worry, our therapists are highly trained and skilled, you have nothing to worry about."

If you've had a few massages before, then you know what it's like to NOT get the exact pressure you want, whether it's too light and you feel "fluffed" with a feather, or too deep and it's torturous. Either way you're left frustrated, sometimes in even worse pain.

You probably also know the frustration of being super clear in the beginning and asking for something specific, yet your therapist falls short on your requests and desires, and forgets to work that area. It's so frustrating!

Make sure wherever you go, they guarantee at the VERY LEAST that

- You are 100% satisfied or it's FREE!
- You get the EXACT pressure you desire!
- Your massage therapist delivers ALL your requests within your treatment
- And they promise you get your FULL TIME, *not* a few minutes short!

There should NOT be a disappointed bone (or muscle 😊) in your body after your massage. Every area and muscle you wanted worked on should feel better, with the exact pressure you asked for. It's your massage, your time, you are paying, you're in control, so you should get EXACTLY what you want and need.

At the end of your massage, your inner voice should truly be saying “WOW, that was amazing!”

This is key, because many people don't really know what to expect from a massage. Sure, it will be obvious when a massage has immediately taken away pain, or conversely, if you feel as tight and stiff as when you started.

A massage should always make you feel significantly better, and have significantly reduced or eliminated the pain.



*I started coming to Massage Revolution in November 2018 with severe SI Joint/Q.L. pain, neck and shoulder pain, TMJ, and tension for over a year, and spent 13+ years elsewhere trying to treat these conditions. I never slept, sitting hurt, and everyday was a struggle for the pain not to take over. My first session helped relieve the pain, and each session helps...**neuromuscular massages** really benefit me. Love that insurance helps too.*



-Heather Gowrie

At our office, everyone knows we put our money where our mouth is and have a 100% satisfaction guarantee or it's FREE, because our motto is simple: If you're not happy and satisfied, then neither are we. Our goal is that you become a loyal, lifetime client, so our commitment to you is that your therapist delivers all of your requests with the exact pressure you desire, so you feel better, move

better, sleep better, and live more pain-free. We call it our “**Best Massage Promise**”, and we take it seriously!

2. “Do you have therapists with elite hands-on skills who specialize in getting rid of your back pain, neck pain, and more, highly trained in advanced types of bodywork such as NAS (Neuromuscular Alignment System)?”

Have you noticed how many massage therapists lack the skills, training, and experience to give you that “WOW” experience?

I call it the “House Wine” epidemic, where most of the time you just get a “canned” basic massage hardly giving you any relief.

I imagine you’re seeking to pay or spend your valuable time for something more than the “house wine” of massage, right?

You don’t just want “fine wine”, you **DESERVE** “fine wine” when it comes to your body!

Unfortunately, the massage industry isn’t united yet where there’s unified levels of customary high standards of training across the board. Often every city, county, and state has different rules and regulations for standards and requirements, so it’s hard to get consistently high quality “fine wine” massages wherever you go.

Most therapists haven’t taken enough courses to truly specialize in getting rid of your chronic pain, and releasing muscles, trigger points, and knots in a laser-focused way that finally gives you long lasting relief.

In fact, 99% of therapists out there mainly do relaxation Swedish massage and basic deep tissue, not trained or skilled in higher quality forms of bodywork such as NAS (Neuromuscular Alignment System).

If you have aches and pain in your back, neck, or other areas, it's just unrealistic to expect the majority of massage therapists out there to give you long lasting relief, because they're just not that trained in it.



Very talented massage therapist. Not your average relaxation massage. This massage felt great but she also pinpointed where my pain and tension are. Highly recommend.



-Jane Evans, Trainer, Torrance

What's a trained "fine wine" therapist look like?

They're not only trained in many types of massages like Swedish and deep tissue, they worked hard to become a more ELITE bodyworker by specializing in advanced types of bodywork such as NAS (Neuromuscular Alignment System).

In a laser-focused way, they release your specific tight muscles that pull you out of alignment and are at the root cause of your back pain, neck pain, and more. They are experts at improving your alignment and giving you longer lasting relief!

They're able to release your ENTIRE tight, knotted up muscle, from where it attaches, to the complete muscle belly, and all the "landmine" knots in between called trigger points that cause your pain.

Our office is the only massage center in Los Angeles with a neuromuscular alignment specialist (NAS) team for serious pain relief, so you get lasting relief from back pain, neck pain, sciatica, and more, improve posture, increase joint mobility and flexibility, and experience deep relaxation. And, they do ALL types of massages as well such as relaxation swedish, deep tissue, sports, and more.

You can learn more about (NAS) neuromuscular alignment system by clicking here. <http://massagerevolution.com/Neuromuscular-Massage-Los-Angeles/>

3. "Do you have mainly EXPERIENCED therapists, not just brand new ones to the field right out of school?"

Do you want to know an INSIDER SECRET for why many massage franchises stay in business and are so successful?

THEY HIRE BRAND NEW THERAPISTS RIGHT OUT OF SCHOOL AND PAY THEM ROCK BOTTOM WAGES!

You'd think that they'd go out of business with this business model, right?

You'd think that their business wouldn't last.

However, remember when I said how many massage therapists out there provide “house wine” massage, NOT “fine wine”, so these franchises are FLOODED with house wine brand new therapists right out of school working for very LOW pay...

This works for many people because all they’ve ever experienced is a standard house-wine type of massage. If that’s all you ever experienced, then that’s all you will EXPECT, and be content with, right?

UNTIL the day arrives when you finally experience fine-wine massage, and you can never go back to house wine again!

Low wages aren’t your problem, I know, yet it’s your problem when you’re looking for an experienced, high quality, highly skilled therapist to work on your body, truly give you lasting relief and get you out of pain for good.

Those type of therapists don’t work for rock bottom wages, and they aren’t typically right out of school.

They command better wages, and to work at a place that’s not just “run of the mill.”

Yes, you may find that “diamond in the rough” at one of those places, yet in general you need to go to a place that mainly hires very experienced, trained, highly qualified therapists.

Your body is precious, and you want someone treating you who knows exactly what they’re doing. This often takes years of experience, and for someone just right out of school it just isn’t possible to know and understand your body that well.

We hire mainly veteran therapists, with years of hands-on experience touching many bodies, knowing exactly where to work, what muscles to release, in order to give you long lasting relief!

We hire only 1 out of every 50 resumes we receive, and 25 therapists that we interview! We search everywhere for elite therapists to make sure you get the best, most highly skilled therapists in the business. Even with all the experience that our therapists have, we offer continual free training and education to all our therapists in advanced NAS (neuromuscular alignment system) and soft-tissue techniques.

In fact, as the leading neuromuscular alignment specialist teacher and practitioner in Los Angeles the past 27 years, I personally vet and interview EVERY single therapist we hire in order to maintain the highest level and standard of quality you need and deserve!

“Massage Revolution rocks! The quality of the therapists is fantastic- always feel amazing afterwards!! The scheduling is always so easy and friendly. Love the reminder calls! Thank you for everything- love you guys!!”
-Lori DeFelice, Film Executive, Los Angeles

4. “Do your therapists do a detailed, thorough posture assessment before my treatment?”

This quite possibly is what separates the average practitioner who just gets okay results from the BEST bodyworkers who help you reach your goals.

If your goals are to get rid of aches and pains, improve posture, increase flexibility, and feel better, your therapist must do MORE than simply chase symptoms around your body.

Your therapist has to look at your muscle imbalances and which of your short, tight muscles are literally pulling you out of alignment CAUSING your symptoms. The muscles pulling you out of alignment causing your aches and pains may NOT even be the same muscles where you feel your pain!

This is SUPER important, so I'll repeat that one more time quickly....

The muscles pulling you out of alignment causing any of your aches and pains may NOT even be the same muscles where you feel your pain!

This means where you experience your back pain, neck pain, or other pain may not be where it's coming from. It's quite often coming from other areas that are pulling you out of alignment, and the ONLY way to tell and know this is by your practitioner first doing a detailed, thorough posture assessment to see how your posture lines up with gravity. Caring for a client without this is like flying in the dark without radar.

You see, your pain symptoms often "lie" about where it's truly coming from, because your brain is mainly aware of where your pain currently is.

Your posture and structural alignment on the other hand are completely objective and tells your practitioner the TRUTH about where the source of your pain is coming from.

The golden ticket is when your therapist treats, balances, and relieves BOTH your posture AND your pain, takes the results of your treatments to a much higher level, so you get more longer lasting relief.

Be sure to seek a Neuromuscular Alignment Specialist (NAS) who does a detailed analysis of your posture, trigger points, muscle imbalances and pain. Settle for anything less and you risk never achieving your goals and getting the results you deserve.

At our center, our team of highly skilled neuromuscular alignment specialists (NAS) FIRST do a detailed posture assessment on you to first determine your muscle imbalances and the SOURCE of your pain.

Then they release your short, tight muscles that bring you back into better alignment, as well as targeting with laser-like focus all the trigger points and knots causing you pain. So you get the best of both worlds by balancing posture and relieving pain!



I have been coming to Massage Revolution for several years (2007) and I love it! Every therapist is professional, knowledgeable, and skilled. These are the best massages I have ever gotten and help relieve pain from everyday stress and workouts. I get a massage every weekend, and the prices are great too!



-Marilyn Mobey, Manhattan Beach

5. “Are your reviews and testimonials on Google and Yelp mostly all 4-5 stars?”

If you believe in the power of social proof, then definitely the place you want to choose ought to have really good, legitimate 5 star reviews, whether on Google, Yelp, or at least at their business.

There's inherent bias on Yelp, more so than Google, yet both are good indicators as a starting point for you to make your decision where to go and who to choose.

Be weary of the TON of massage places out there getting less than 4 stars. Even 3 stars average are scary when it comes to people touching your body.

DON'T settle for average when it comes to your precious body and pain, you really do deserve "fine-wine", not house-wine, when it comes to your healing, time, and money.

Take a moment and read through the latest reviews for the massage places you're researching. Filter and select "Newest," so you get the latest reviews and you're aware of what's going on lately at that business. They could've had GREAT practitioners 5 years ago with great reviews, yet it's concerning if their most recent reviews show they let their quality go down hill.

Make sure the massage business has actual, REAL testimonials on their website, preferably video testimonials where you see live footage in action of the actual results they give their clients.

You can watch and read great success stories and testimonials from many of our thrilled, satisfied clients at <https://massagerevolution.com/reviews/>

“Can you furnish me with references?”

You're not only entrusting your money, but also your body with your massage therapist of choice. I'd even go so far as to say make sure that the place your choosing provides you ANY references you request from their current clients, in order to help you feel safe and comfortable for trying them out. Happy clients are usually totally glad to help and support any business they truly love and are loyal to, so this should be easy for the business to do if they stand behind their services.

Ask for five references. Three of these references should be current clients, and the other two should be other health care professionals like an orthopedic doctor, and a medical doctor. There are three reasons for getting client and professional references. First, any person in practice should have at least three satisfied clients they can provide you with. Secondly, if a health-care practitioner cannot produce two other professionals that will attest to his or her ability as a practitioner, he or she may not be respected by his or her peers. Last, outside professionals in the community see all kinds of things, will usually be aware of what kind of care is available, and what kind of quality is provided by different folks. Feel free to call the references you receive. Many people ask for references, but never use them! Call all five people. You can never learn too much about the person you are considering using for your therapeutic needs. Take the few minutes to talk to these people. It will be worth it!

By the way, we have mostly 5-star reviews on Google and Yelp, just search "Massage Revolution Manhattan Beach" and see. And we have a TON more video and written testimonials on our website, and always glad to provide you client references if you need. We also have a medical advisory board of osteopathic physicians, chiropractors, nurse practitioners, neuromuscular specialists and more leading pain-relief experts who all support and help our mission to help you live the pain-free life you deserve without resorting to

costly and dangerous drugs and surgeries, and find relief through evidence-based natural treatments.



I started at Back and Neck Pain Relief Center in June 2017 for lower back/neck pain, IT band problems, I had for 5 years. I went to 2-3 doctors for this. The pain used to be severe enough that I couldn't do my normal daily routine. It was approximately 1-2 months of treatments before results became apparent. I have been very impressed with the care I have received here. My pain level has gotten better. The therapists here are fantastic. There are different therapists that specialize in different types of massages, so there are many treatment options.



- Lauren Braman, Torrance

The massage business you choose should offer some type of discount or payment plan to make your ongoing treatments affordable, like packages or a major discount for committing to the business, such as a membership or other monthly plan.

Ideally, they also have a medical team, or at least a physician, in order to accept your PPO health insurance, where you **ONLY** pay a small co-pay or co-insurance. This way you're able to pay a fraction of what treatments cost out-of-pocket, when treatments are medically necessary for your back pain, neck pain, headaches, sciatica, and other aches and pains.

“Do you have payment plans available?”

Successful practices usually allow clients to make payments. This could allow you to get the care you need without financial stress. Any successful practice

will be able to work with you on the payments, whether you're covered by insurance or not.

At our center, in addition to offering you affordable memberships, packages, or payment plans, there's also a physician who accepts 99% of most PPO insurances, so you're able to get the treatments you need at a fraction of the cost, so you keep your money in your wallet, right where it belongs.

You can read more on our membership and package rates at <https://massagerevolution.com/massage/> and get a FREE insurance verification by going here <http://massagerevolution.com/massage-insurance/>

 *I've been coming to Massage Revolution for the past 6 months with degenerative disk disease, neck and back pain, and muscle spasms, that I've had for many years that progressively got worse with age. I tried seeing two doctors, chiropractors, massages, and taking ibuprofen/Mobic. My life was significantly interrupted due to this. I needed to cut out aerobics, weight training, and aggressive exercise, and cut work hours. After coming to Massage Revolution, results were immediately apparent with improvement in comfort, range of motion, and function. I was able to also resume some exercise and dance. The staff at Massage Revolution is helpful in researching my insurance benefits to ensure that I can receive services. Very nice and attentive for a busy place!* 

-Barbara Phillips

7. “Will you show me ways of preventing what you are treating?”

I saw a sign the other day in my dentist’s office that read, “Support your dentist, eat more candy”. Although I know he’s joking, too many practitioners and providers are more interested in having you return 2-3 times a week for months, and fund their bank account, rather than helping you feel better, move better, get out of pain, as FAST as humanly possible, and live pain-free without resorting to costly and dangerous drugs and surgeries.

You need therapists who help guide you, show you, and educate you how to self-treat your pain causing trigger points, and tight, stiff muscles, to sit correctly at the computer, lift with good ergonomics, and more, so you don’t feel like you need a treatment every day of your life.

Even if you only want a relaxation massage, a more skilled therapist will have great self-care tips for you to achieve more calmness and peace throughout your week.

At our center, our therapists spend a considerable amount of time customizing simple and easy ways for you to stay healthy, no matter what caused your problem to begin with. You’ll be thrilled to find out how quick and easy it is to prevent your aches and pains from coming back without drugs or surgery. This prolongs the benefits of the care you’ve received; and helps prevent you from re-injuring yourself.

 *I started at Massage Revolution in February 2018 with shoulder , neck pain and stiffness, which I was having for the past 3-6 months . I tried physical therapy, but it was still difficult to raise my arm, and I still had nerve pain at my work desk. After 2 months of weekly to bi-weekly appointments at Massage Revolution, I regained my range of motion, with no more pain while at my work desk! The staff at Massage Revolution is great at giving “homework” to ensure the results they give are sustained, even if you miss a session.* 

They're fantastic!

-Tracy Goudy

Well I hope this information will give you the confidence in taking the first step to regaining your health or living pain-free by experiencing the amazing benefits of high quality massage therapy care. By the way, WE DO...

- Have a 100% satisfaction, no questions asked guarantee, where it's totally FREE if you're not happy.
- Have therapists with elite, top skills who specialize in getting rid of your back pain, neck pain, and more, highly trained in advanced types of bodywork such as NAS (Neuromuscular Alignment System).
- Have all EXPERIENCED therapists, not just brand new ones to the field right out of school
- Have therapists who do a detailed, thorough posture assessment before your treatment.
- Have mainly 5-star reviews and testimonials on Google, Yelp, and our website.

- Have actual, REAL client video testimonials on our website, where you see live footage in action of the actual results they received.
- Have references we can furnish you with, even a Medical Advisory Board.
- Have affordable treatment options for you to save money, such as memberships, packages, and insurance coverage options.
- Have therapists to help show you ways to improve your self-care, prevent many aches and pains, and help you live a healthier life.
- Have therapists who do ALL types of massages, from more advanced NAS (neuromuscular alignment system), to deep tissue, swedish, sports, pregnancy, reflexology, myofascial, and more.

If you are ready to make an appointment for your new client special introductory offer, call our office at (310) 798-4263 now, while this is fresh on your mind...and you know EXACTLY what questions to ask BEFORE using us for your pain relief or relaxation needs!

I hope this information has been helpful, and that whether you choose to come in to see us or not, that you've benefited from the knowledge you've been given. No matter what you decide to do, I wish you the best of health!

Best Wishes, Michael Greenspan



Michael Greenspan is a well-renowned expert in neuromuscular therapy and pain relief. He has helped thousands of men and women increase their quality of life and health by working as a neuromuscular therapist, a consultant and teacher, AND gratefully helping bodyworkers achieve 6-figure private practices.

Michael Greenspan NMT

Owner, Massage Revolution (The Back & Neck Relief Center)



Michael Greenspan, leading Neuromuscular Therapist instructor, educator, speaker, and consultant in Los Angeles for 27+ years, owns The Back & Neck Relief Center (Massage Revolution), graduated from University of Colorado, Boulder and also practices in Manhattan Beach, CA and Santa Monica, CA. He's a leading Neuromuscular Alignment Specialist (NAS) and expert in acute and chronic muscular pain relief in the fields of Neuromuscular Therapy, Kinesiology, Corrective Exercise and Biomechanics. Michael's unique holistic approach to treatment and education has changed the lives of countless clients, students and peers. By treating the body as a whole system Michael successfully excels at getting to the root cause of clients pain where traditional approaches have consistently failed.

To see if you're a good candidate for soft-tissue therapy, call and schedule at

310-798-4263

About The Back & Neck Relief Center (Massage Revolution)

- Voted "The Best Massage Center in Los Angeles" by Los Angeles CityVoter Hotlist, over 39,000 voters
- LA's largest unparalleled team of neuromuscular massage specialists to get rid of your pain for good!
- Open 11+ years, over 2000 treatments/month, 35+ highly skilled therapists

As the leading massage center for serious pain relief, Massage Revolution's Back and Neck Relief Center is the ONLY therapeutic massage center in Los Angeles where you get lasting relief from back pain, neck pain, sciatica, and more, with LA's unparalleled team of 35+ highly skilled neuromuscular massage specialists.

The only neuromuscular therapist owned massage center in Los Angeles, with a guaranteed "Best Massage Promise," where your therapist delivers all of your requests, with the exact pressure you desire, so you love your massage, feel better, or get lasting relief, or your massage is free.

Our motto is simple: If you're not happy and satisfied, then neither are we!

Melt away aches and pain, improve posture, increase flexibility, with neuromuscular massages for lasting relief and ALL types of massages as well, to relax and decrease your stress, so you sleep better tonight!

FINALLY! The Best Bodywork For Serious PAIN RELIEF!

MISSION

To provide the most advanced, evidence-based bodywork for more serious pain relief and exceptional customer service, for back, neck, and all other chronic pain sufferers, to help them live healthier and pain-free, without surgery and pharmaceuticals.

VISION STATEMENT

Massage Revolution's Back & Neck Relief Center is the USA's leading center for advanced, evidence-based bodywork for more serious pain relief, helping as many people as possible live healthier and pain-free, without surgery and pharmaceuticals.

For information purposes only. Consult a doctor regarding the applicability of any opinions or recommendations with respect to your symptoms or health condition. This information received is not intended to diagnose, treat, or cure. For personal use only. Not to be sold or compiled into electronic form without prior permission of the authors.

MORE TESTIMONIALS

"I can't thank the terrific massage therapists at Back and Neck Pain Relief Center enough. With the pain I was living with for over two years, getting relief at Back and Neck Pain Relief Center was the only thing that kept me going through my other treatments, and now I'm feeling so much better and happier."

- Becky Chao, Marketing, Redondo Beach

"I feel so much better after I get a massage here at Back and Neck Pain Relief Center. I come every other week to relieve my chronic neck and shoulder pain. I must have gotten a massage from everyone here and everyone is wonderful! Thank you!!"

- Jamie Sun

"Alleviated back, neck, shoulder and knee pains caused from two different car accidents"

-David Gatlin, Writer, Los Angeles/Redondo Beach

"I started Back and Neck Pain Relief Center in 2015. For approximately three months, I had a really stiff neck from all the tension carried in my neck and shoulders. I couldn't turn my head to look to the left. I had a hard time driving because I couldn't turn my head. Within the first month of treatment, I could see a big improvement in the stiffness of my neck and shoulders. The massages really helped me with my neck issues. I feel wonderful every time I leave after my massage!"

-Anonymous, Torrance

"I started at Back and Neck Pain Relief Center in August 2018 with pain in my right hip that wrapped around to my groin that lasted for 6 years. I saw 4 doctors and took lots of Advil. I was able to do things, but always in pain. Also, the pain interrupted my sleep. After 4 treatments at Back and Neck Pain Relief Center, results became apparent. I have increased my mobility in my hip. I have less pain overall and better sleep. I finally feel like I'm going to be totally healed".

-Imoye Francis

"I started Back and Neck Pain Relief Center circa 2016 or 2017, for back problems, anxiety, and sleep problems I had for over 2 years. I saw 4-5 doctors and received leg and back injections, but the pain was still making it difficult to get up and down, and sleep was difficult. After 4+ visits to Back and Neck Pain Relief Center, result became apparent. It made the pain more bearable- I needed less time with doctors, less injections in my back or thigh. I was not aware that along with acupuncture- massage is now being accepted as a non-drug, non-surgery alternative for varieties of pain".

- Barry Solomon, RPH, M. Ed.

"I started at Back and Neck Pain Relief Center 1/17/19 for back tightness and pain, tried ibuprofen, yet took 1 treatment before results became apparent. The therapist was incredible, life changing! I will be back!" -- Kelley Johnson, Manhattan Beach

"I started coming October 2017 for neck and shoulder pain I was having for 1 year. I noticed very soon after result! Back and Neck Pain Relief Center has had a great impact on my health".

- Kathy Mota

"I started at Back and Neck Pain Relief Center in November 2017 to treat my shoulder and back pain that I experienced for 5 years. I saw two other doctors for this, but my life was interrupted a moderate amount at work. After only two months of treatment at Back and Neck Pain Relief Center, results became apparent. I had a great impression! They relieved my pain and helped from getting surgery."

-P. Cloud

"I am so grateful for your therapeutic services. I have been coming in for massages over the last few weeks and it has helped with stress and muscle spasms. Thank you so much!"

- Konnay Franklet, Psychotherapist, Redondo Beach

"I started at Massage Revolution in September 2018 with shoulder, neck pain, and migraines that last for 15+ years. I tried migraine medications, acupuncture, and neurologists, but my normal life was still interrupted 1-2 times a month. After ongoing visits and being able to come in regularly due to various therapists has been helpful... the therapists are able to target the right areas to provide relief".

-Anna Huckabay

"I started coming to Massage Revolution in 2016 to treat my neck pain, trigger points, back pain, tightness and weakness that I experienced for years. I sought out chiropractors and other massage places, but sleep was still difficult. Turning and lifting my head, and stretching my neck was all painful and difficult.

After a year of treatment, I have felt less tension in my neck and back, and I feel more relaxed and calm. Not only physically do I feel better, but also mentally. Thank you so much for all that you guys do. Definitely life changing".

-Melanie Mitchell

"I started at Massage Revolution in November 2017 to treat my shoulder and back pain that I experienced for 5 years. I saw two other doctors for this, but my life was interrupted a moderate amount at work. After only two months of treatment at Massage Revolution, results became apparent. I had a great impression! They relieved my pain and helped from getting surgery."

-P. Cloud

"I started coming to Massage Revolution in November 2014 with 3 years of tightness in the left side of my neck, hip, and back due to swimming on my masters swim team. I tried seeing chiropractors and acupuncturists but sitting at my desk was still uncomfortable and tight muscles always apparent.. After 10 visits, I find the massages specifically to be exactly what I need. It lengthens the muscles, relieves the tension and finds the source of the problem. When the massages were covered by my insurance, I came 4x times per month! Now down to one time, but absolutely worth it!"

-Stephanie Olan

"The most amazing massage. They helped me feel better than I have in a long time! The tension is gone and I feel lighter and healthier in my body!!! Fantastic- can't wait to get back!"

-Caryn Richman, Actress, Manhattan Beach

"My shoulders and calves were tense and stiff prior to my visit. My massage therapist had some great pointers for improving my posture and she worked magic..."

-Yukari Tanimoto, Sales Marketing, Palos Verdes Peninsula

"I come to Massage Revolution approximately every two weeks. I always enjoy a relaxing and refreshing experience. Thank you".

-John Land, Director of Logistics, Redondo Beach

"The massage at Massage Revolution is the only thing that has helped with my neck and shoulder pain. I have severe muscle spasms and when I leave here, I feel relaxed and pain-free".

-Tina, Graphic Designer, Long Beach

"I love the neuromuscular massage! Of all the places I've been for massages and different types I've had, it is by far my favorite. Your office is not the closest to me, but it is my regular choice. And the staff and massage therapists are great".

-Peggy Brown, Los Angeles

"My neck and shoulders were getting so stiff that I was having trouble turning my head from side to side. My shoulders were always slumped and sore. With the weekly massages here at Massage Revolution, I feel more limber and the muscles are supple".

-Karen Sugita, Pricing Analyst, Manhattan Beach

"I was suffering from pain in ligaments around the tailbone and lower back area. Massage Revolution's therapists worked hard to relieve the tension carried in my shoulders and neck because of this condition. I'm feeling so much better!"

- Dawn Robinson, Manhattan Beach

“The neuromuscular massage undoes all the tension I get from working at my computer- the knots melt away and the muscles loosen up. It’s great!”

-Faith Lyons, Consultant, Manhattan Beach

*“The **neuromuscular massages** have been really helping with my neck and back issues. There are plenty of great therapists to choose from too, which is great. I highly recommend Massage Revolution to anyone with muscle pain”.*

-Megan Azer, Property Management, Manhattan Beach

“This is the only place I have gone to get true relief. Not a powder-puff massage. Like they say, “no pain, no gain”. It works! They are the best!”

-Carole Fortini, Skating Coach, Manhattan Beach

“Before Massage Revolution, I knew I needed weekly massages, but struggled to fit it into my busy schedule. When I found Massage Revolution, I discovered much more availability and flexibility to fit massage around my schedule instead of fitting my schedule around massage”.

-Lisa Acker, Business Owner, Manhattan Beach

“Massage Revolution has been a great find. Their team of experienced therapists have been so great from the beginning and continue to provide very great service. I recommend them to anyone who is looking to alleviate stress, pain, or who just wants to relax”.

-Ruth Gallo, Interior Design, Los Angeles/Manhattan Beach

“I started care at Massage Revolution in November 2018 with right sided pain, especially glute and hip pain, I had for a year, preventing me from increasing my squat! After 2 treatments, I felt results. I feel so much better and it has improved my sleep and quality of exercise”.

-Lorraine Rojas, Redondo Beach

*"I started massage care at Massage Revolution in May 2015 with low back, neck pain, headaches, achilles tendonitis, and sciatica for the past three years. I saw two doctors, three other massage therapists, and 1 physical therapist. My life was interrupted competing as an athlete... my ability to compete at a high level was non-existent until beginning my therapy at Massage Revolution. The balance of consistent therapy allowed me to return to the track to compete at the Military World Championship and a number of other international competitions **The neuromuscular massage therapy provided at Massage Revolution is second to none**".*

-Manny Smith

"I started Massage Revolution circa 2016 or 2017, for back problems, anxiety, and sleep problems I had for over 2 years. I saw 4-5 doctors and received leg and back injections, but the pain was still making it difficult to get up and down, and sleep was difficult. After 4+ visits to Massage Revolution, result became apparent. It made the pain more bearable- I needed less time with doctors, less injections in my back or thigh. I was not aware that along with acupressure- massage is now being accepted as a non-drug, non-surgery alternative for varieties of pain".

-Barry Solomon, RPH, M. Ed.

"I started at Massage Revolution in April 2014. I do massage therapy not because of ailments but as general maintenance. I am a very active senior citizen so I use massage therapy to get the knots out, the muscles smooth and the joints loose. I do a 1 ½ hour deep tissue massage every week.. When I skip a visit, I can feel the difference. I have been doing weekly massages for 15 years, and I am convinced that it allows me to regularly play tennis, power walk for a distance and workout at the gym, without joint pain or muscle soreness not related to overuse. I generally sleep well and move around on the court way better than my peers.

I find the Massage Revolution therapists to be very competent, knowledgeable, friendly, and responsive to my needs. I regularly use three therapists in a weekly rotation. As each has different strengths, ie; back, legs, etc., I get all of the parts fully attended to and I feel great.

P.S: I am 81 years old".

-PE Dorr

"I started at Massage Revolution 1/17/19 for back tightness and pain, tried ibuprofen, yet took 1 treatment before results became apparent. Their therapist has been incredible, life changing! I will be back!"

- Kelley Johnson, Manhattan Beach

"I started coming October 2017 for neck and shoulder pain I was having for 1 year. I noticed very soon after result! Massage Revolution has had a great impact on my health"

- Kathy Mota

"I started coming to Massage Revolution 1/13/19 for knee pain and Achilles pain, that I had for 3 years. I saw 6 other practitioners for help, 1 M.D., 3 PT's, UCLA surgery dept (I didn't have surgery) and a chiropractor. My normal life was interrupted due to chronic pain, limiting physical activities but avoiding those activities led to weakness and tightness. In 5 treatments or so, results became apparent. Massages from Massage Revolution have helped me begin to overcome tightness that has contributed to my knee and Achilles pain. Two therapists in particular... made an immediate impact. They are very skilled and my pain has been significantly reduced. They were also great at communicating with me about how my muscles felt so that I could focus on things like foam rolling between massages."

- Jane Evans, Culver City

"I started coming to The Back & Neck Relief Center 10/1/15, as my physician diagnosed me with whiplash and muscle spasms, which I had for 8 weeks. I saw 2 doctors for this condition. Until I started myofascial release treatments [at Massage Revolution's Back/Neck Relief Center], my normal life was interrupted. Daily, around 4pm or 5pm, I experienced severe pain in my rib cage due to the muscle spasm. Physical therapy was not addressing this pain. I experienced a reduction in pain within one week from starting myofascial release treatments. The health benefits of the myofascial release treatment I received from The Back & Neck Relief Center was critical to my healing. I truly believe if it was not for the treatment I received at the center, the healing process would have taken much longer. Due to the

treatment, I was able to resume my normal life much quicker. I would recommend [Massage Revolution's] The Back & Neck Relief Center to anyone that has been involved in an auto accident. They were instrumental in getting me back to my normal health."

- Brian Chang, Redondo Beach

I began treatments January 2018 due to a SCM (sternocleidomastoid muscle) disorder causing vocal pain, which I had for 6 months to 1 year. I saw 4+ other doctors for this condition, it was completely debilitating interrupting my normal life. I GOT RESULTS IN 1 TREATMENT! My impression was amazing, I got EXTREME RELIEF! I can now speak without pain and no headaches!

- Sabrina G., Woodland Hills

"I started 6-8 years ago at Massage Revolution's Back & Neck Relief Center, with chronic back issues...my neck was solid as a rock! I had this problem for 25 years, saw 3 other doctors, my normal life was uncomfortable. I felt results in my initial treatment and continual treatment. I come twice a month, helps me with physical, medical, and spiritual well being. My energy is incredible, several favorite therapists, always try out therapists, you can't go wrong. Their training is great!

- Paula Barksdale, Hermosa Beach

"I started at Massage Revolution's Back & Neck Relief Center in 2013 for relief from stress. I felt results instantly. 95% of the time, my pain goes away and I immediately feel relief".

-Melisa Kaufman, Redondo Beach

"I started massage care 1/1/18 at Massage Revolution's Back & Neck Relief Center for my hurt shoulder I had for 4 months. I couldn't work, and after 6 treatments I felt results."

-Ryun Campbell

*"These are the best massages I
have ever gotten*
**-Marilyn Mobey, Manhattan
Beach**

"The most amazing massages"
**-Caryn Richman, Actress, Manhattan
Beach**

*"The only place I have gone to get true
relief. They are the best!"*
**-Carole Fortini, Skating Coach,
Manhattan Beach**

*"Getting relief at Massage Revolution
was the only thing that kept me going"*
**-Becky Chao, Marketing, Redondo
Beach**

*"I felt results instantly. 95% of the time, my pain goes away and I
immediately feel relief"*
**-
Melisa Kaufman, Redondo Beach**

DISCOVER THE SECRETS TO GETTING A HIGH QUALITY MASSAGE

Choosing a massage therapist, massage center, or day spa may be one of the most important decisions you'll ever make! Picking the right one can help you immensely, and picking the wrong one can be a big mistake! Make sure you know which is which! You cannot afford to take any chances. You need to be sure to use someone who is right for you!

This consumer guide to quality massage care teaches you the insider "secrets" some massage centers don't want you to know. Armed with this information, you have the ammunition you need to make sure you find a massage therapist that is right for you!

Michael Greenspan is a leading non-medical pain relief expert and neuromuscular massage therapist instructor and practitioner. He owns the leading massage center for more serious pain relief, Massage Revolution (The Back & Neck Relief Center), in Manhattan Beach, California, helping thousands of people enjoy less pain, more life. Michael's mission is to provide the highest quality, evidence-based massage for more serious pain relief, for back, neck, and all other chronic pain sufferers, to help them live healthier and pain-free, without doctors, drugs, or surgery.

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