

The Back & Neck Relief Center MASSAGE REVOLUTION

Give Her A 'mom'-umental Thank You Massage



*Local Family-Owned Massage Therapy Clinic Celebrates
Mother's Day*

LOS ANGELES - April 30, 2021 - [PRLog](#) -- Of all the unsung heroes in the world, moms top the list.

LA's [Massage Revolution](#) Back and Neck Relief Center wants to thank all the mothers out there for their hard work and unceasing dedication to keeping their family's lives running smoothly.

Moms are in the habit of putting other people first, so this Mother's Day, show your appreciation for all that she does with a therapeutic treatment. Trigger point massage and neuromuscular therapy offer drug-free, surgery-free relief from all types of pain, including back pain, neck pain, migraines, and so much more.

"It's hard to overstate how hard moms work. Unfortunately, this sometimes means that they neglect themselves," says Michael Greenspan, owner of Massage Revolution, Los Angeles' top-rated massage center located in Manhattan Beach. "A lot of mothers are also reluctant to take time for themselves. All the more reason why massage makes a great gift. She has to go do it if you give it to her, right?"

Jokes aside, trigger points are no laughing matter. They're essentially tiny muscle cramps which can inflict serious pain, and they are as common as cookie crumbs in the couch. Trigger points frequently cause pain in back and neck muscles, but they can appear anywhere in the body, from head to toe.

Active trigger points can cause intense pain, but even when they're inactive, they can still make you feel stiff, sore, tired, and achy. Trigger points can also send or refer pain to other places in the body, making it more difficult to figure out what's going on.

No matter how your trigger points developed, how many you have, or how long you've had them, neuromuscular massage and trigger point therapy can help. With over 3 dozen therapists on staff, Massage Revolution is the biggest and the best in the business. Whether it's for your mom, yourself, or another loved one, massage isn't self-indulgent. It is a vital part of anyone's health and wellbeing. For more information,

please visit [Message Revolution](#).

Contact

Michael

***@massagerevolution.com

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