

The Back & Neck Relief Center MASSAGE REVOLUTION

Family-Owned Local Massage Therapy Business Dedicates September to Pain Relief



Celebrating The Most Wonderful Time Of The Year at Massage Revolution

LOS ANGELES & MANHATTAN BEACH, Calif. - Sept. 5, 2021 - [PRLog](#) -- For a lot of us, back to school truly is the best time of the year. But the return to heavy backpacks and all the extra hours spent on computers and other devices inflicts a toll.

Pain in back and neck muscles is a top complaint, which is why Los Angeles' own [Massage Revolution](#) is dedicating the month of September to pain relief. For those who are tired of suffering, trigger point massage and neuromuscular massage therapy might be the solution you've been looking for.

Pain in back and neck muscles does not discriminate. It affects people of all ages and from all walks of life. Although it is recommended that children not carry more than 10-15% of their weight on their back, studies show that kids often carry 30-40% of their weight in their packs. This can lead to poor posture, muscle strain, and other problems. Back pain that begins in childhood often lingers into the adult years. Neuromuscular massage and trigger point therapy are extremely effective against back pain.

"Kids, young adults, and plenty of full-grown adults are lugging around too much heavy stuff," says Michael Greenspan, owner of Massage Revolution's Back and Neck Relief Center in Manhattan Beach. "A lot of them carry their entire collection of books plus a computer all day long, traipsing to and from school and all over campus. It's not good for your back and it can lead to long-term issues."

A 30-year veteran of massage therapy, Greenspan knows what he's talking about when it comes to pain, and more importantly, pain relief. He says that while pain in back and neck muscles is one of the most common reasons people call, trouble spots can crop up virtually anywhere. The pain is frequently caused by trigger points, which are tiny muscle spasms. He also says that it's important to understand that trigger points can cause seemingly unrelated issues like digestive problems, allergy-like symptoms, and even sharp pain that feels like appendicitis.

Fortunately, there is a 100% natural, effective, long-lasting way to deal with these problems without

resorting to drugs or surgery. One is to lighten your load, but another is to get your trouble spots treated with trigger point massage.

[Massage Revolution's Back & Neck Relief Center](#) has the largest and most skilled neuromuscular massage therapy team in the world. The new school year is a great time to start a new healthy habit. A single session can work wonders and straighten out your back problems, even those that have been causing trouble for years. Massage Revolution accepts PPO insurance and membership savings is also available.

<https://www.youtube.com/watch?v=CtQNneWz0Co>

www.MassageRevolution.com

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