

The Back & Neck Relief Center MASSAGE REVOLUTION

Surprising Massage Therapy Secrets for Neck and Back Pain Relief



Massage Therapy Is for More than Just Relaxation, It Can Also Get Rid of the Source of Your Pain

LOS ANGELES & MANHATTAN BEACH, Calif. - May 9, 2022 - [PRLog](#) -- [Massage](#) is a great way to pamper yourself. But the effects go far beyond relaxing for an hour.

For thousands of years, massage has been used in cultures around the world to relieve pain, heal physical and mental/emotional issues, and to enhance overall wellness.

Michael Greenspan is the owner of [Massage Revolution's Back and Neck Relief Center](#) in [Manhattan Beach \(Los Angeles\)](#). With over 30 years in the business, he has experience with just about every type of pain problem. He says that the main cause of muscular pain are muscle imbalances and trigger points, which are tiny muscle cramps. More interestingly, these trigger points also cause problems that mimic other issues you wouldn't normally associate with muscle spasms.

"The list of trigger point symptoms is really long," Greenspan says. "Digestive troubles, teeth grinding, dizziness, menstrual issues, swollen glands, you name it, there's a lot of things you would never expect to be caused by trigger points. But they are. That's what's so great about trigger point massage. It gets at the root of the problem."

In addition to his list, research supports massage therapy for many other common complaints.

More than 8 million Americans visit the doctor each year for headaches. Trigger point massage and [neuromuscular therapy](#) have been shown to reduce the frequency and intensity of headaches and migraines, even eliminate them completely.

[Fibromyalgia](#) is another common complaint that standard Western medicine doesn't have a great track record in treating. By contrast, massage therapy has been shown in many studies to reduce pain and sensitivity, as well as relieving the depression and anxiety that often accompany it.

One of the biggest scourges of modern people is the sedentary lifestyle. Sitting for hours staring at a screen really does a number on your body, causing pain in back and neck muscles, stiffness, eye strain, and even weight gain. Regular massage counteracts the negative effects of being stuck in a chair all day.

Massage also boosts your mood. Low levels of dopamine and serotonin lead to depression, fatigue, anxiety and a lower quality of life. Research shows that massage therapy increases the output of dopamine and serotonin in the brain, improving your outlook.

Lack of sleep is another epidemic. [Back pain](#), [neck pain](#), stress, anxiety, and so many other things affect sleep quantity and quality. Massage has been shown over and over to promote restful sleep.

A strong immune system is essential for good health. One study showed that a single 45-minute massage boosted participants' white blood cells, one of the body's primary defenses against disease.

Massage has also been shown in studies to reduce the negative side effects of chemotherapy. Likewise, massage therapy speeds recovery following a stroke.

[Trigger point massage](#) and neuromuscular therapy are 100% natural. Unlike drugs and surgery, massage gives real, long-lasting results.

Even better, trigger point therapy can correct problems that have been bothering you for years.

[Massage Revolution's Back and Neck Relief Center](#) is the largest trigger point massage therapy clinic in the world. The 45+ therapists on staff are all specially trained in neuromuscular massage.

Massage is not just an indulgence. It can and should be an integral part of everyone's wellness plan.

For more information or to schedule an appointment, please visit [MassageRevolution.com!](#)

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

<https://youtu.be/CtQNneWz0Co>

Contact

Michael Greenspan

***@massagerevolution.com

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Country	United States
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