

Dr. Golan Nissim Redefines Pain Relief in Los Angeles by Treating the Source Not the Symptoms

TOLUCA LAKE, CA, UNITED STATES, November 5, 2025 /EINPresswire.com/ -- In a medical world dominated by quick fixes and symptom chasing, Los Angeles-based soft tissue specialist [Dr. Golan Nissim](#) is redefining how patients think about pain, recovery, and performance. With more than 25 years of experience, Dr. Nissim's unique approach goes beyond surface-level treatment to uncover and resolve the hidden causes of chronic discomfort.

Soft tissue therapy focuses on the body's most overlooked structures: muscles, tendons, ligaments, fascia, and nerves. When these tissues are injured or restricted, they disrupt natural mechanics, often leading to pain, limited mobility, and recurring injuries that traditional treatments fail to address.

"My role goes beyond surface-level treatment," said Dr. Nissim. "It's about listening deeply with both hands and eyes to uncover the root cause of a patient's complaint. Every scar, every adhesion, every imbalance tells a story. The key is finding it."

At his [Los Angeles practice](#), every session begins with a detailed assessment of posture, movement patterns, and palpation. Using advanced techniques like Active Release Techniques® (ART®) and other evidence-based manual therapies, Dr. Nissim applies precise, guided pressure and movement to break up scar tissue, release tension, and restore natural function.

Rather than masking symptoms, his methods aim to reestablish balance between soft tissue structures and surrounding joints, improving circulation, reducing inflammation, enhancing mobility, and preventing recurring injury.



Treating Pain at the Source: How Dr. Golan Nissim Is Redefining Relief in Los Angeles

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“Precision is everything,” Dr. Nissim explained. “By restoring function, pain naturally improves, and patients feel stronger and more resilient in the long run.” While professional athletes rely on his expertise for faster recovery and better performance, Dr. Nissim emphasizes that his methods benefit everyone. “Whether it's a weekend warrior with shoulder pain or someone struggling to sit comfortably at their desk, the principles are the same. We restore optimal movement, and in doing so, restore quality of life.”

For Dr. Nissim, soft tissue therapy is not just a profession, but a philosophy. “I think of myself as a hands-on detective,” he added. “By combining clinical skill, anatomical knowledge, and intuitive touch, I help people move better, feel better, and live pain-free. That's what keeps me passionate about this work after more than two decades.”

About Dr. Golan Nissim

Dr. Golan Nissim is a Los Angeles-based soft tissue specialist with over 25 years of experience helping patients resolve pain, improve performance, and prevent recurring injuries. Using advanced manual therapies and a philosophy of treating root causes rather than symptoms, Dr. Nissim works with patients ranging from professional athletes to everyday individuals seeking lasting relief.

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