

Relief Therapy Solutions

Relief Therapy Solutions is a one-man business run by Owner and Therapist James Myhrer, who has many interests and passions that all funnel into one purpose: to help people.

Myhrer was inspired to go into the field of Massage Therapy 23 years ago after seeing his dad treated for ailments and health conditions. After working in a chain massage business for 15+ years, he decided to open his own business where he could treat his patients more holistically. Instead of clocking the patient in and out within a 60-minute visit, he now can sit down with the client to learn about the concerns and still offer a full 60-minute massage. Myhrer now considers himself a Body Worker - meaning he doesn't specialize in just one area of the human body. Instead he is knowledgeable in tai massage, scar work, craniosacral therapy, kinesio/rock taping, Chinese cupping, organ work and much more. Myhrer takes the time that is necessary to find the root of the problem, "A client comes in with shoulder pain, which might actually stem from a problem in their lower back." Myhrer says, "I want to find the source of the problem so that they receive long-term relief."

Another specialty of Myhrer's is treating trauma and Post Traumatic Stress Disorder (PTSD), such as injuries caused from car accidents or taking on clients that are police, fire and healthcare first responders. "There's a lot of trauma that people hold with PTSD in their bodies. We are not saying the event didn't happen, but we help the body process and heal. I want to help first responders with their trauma so they can move on to live a healthier life."

Relief Therapy Solutions is located conveniently on Coon Rapids Boulevard., close to Highways 610, 10 and 65. First-time clients can expect their appointment to start with a 30-minute consultation with Myhrer, so he can get a full understanding of how he can help improve their health. Along with flexible scheduling, Myhrer also tries to make sure his clients are comfortable and allows them to pick the music they would like to listen to during their treatment. "70s, one hit wonders... whatever music you want. I want you to feel comfortable so we can focus on improving your health."



Quick Facts:

- » Location: 199 Coon Rapids Blvd. NW Suite 213
- » In Myhrer's "spare time" he works as a firefighter for a nearby city