

Outpatient Rehabilitation Centre

The Outpatient Rehabilitation Center includes three departments: outpatient rehabilitation department, post-amputation rehabilitation department, and sports medicine department. The goal of the Center is to provide the best possibilities to support the recovery of rehabilitation patients and provide them with the best quality of life.

In the Outpatient Rehabilitation Center, we provide patients with all necessary, modern, and high-quality rehabilitation services. Our rehabilitation services are suitable for patients when recovering from different health issues, traumas, and injuries, adapting to disability, maintaining good health, and ensuring active quality of life.

The Center implements modern high-quality medical equipment. As a new approach in modern rehabilitation, the Center includes a virtual reality room, where patients with cognitive decline can practice making purchases in a shop.

The intensity of outpatient rehabilitation depends on the patient's condition and needs. At the outpatient appointment, the rehabilitation doctor compiles a relevant rehabilitation plan according to the patient's health condition and assigns the required rehabilitation services. In the Center, we provide services, funded by the Estonian Health Insurance Fund or in the form of paid services, according to the price list of ETCH's paid services.

In the Center, we have a professional rehabilitation team at work.

Our Outpatient Rehabilitation Center offers wellbeing and a safe recovery. Various procedures help you to remain healthy and also recover your health.

At the Outpatient Rehabilitation Center you'll find a selection of rehabilitative and relaxing procedures, including different massages, heat and water procedures and also light, electrical and salt therapy.

Our friendly team includes specialists with thorough preparation and long-term treatment experience:

- rehabilitation doctors,
- physiotherapists,
- occupational therapists,
- nurses,
- massage therapists,
- rehabilitation assistants,
- speech therapists,
- psychologists.

The whole team is characterized by attentiveness and a sincere focus on the patients.

Services

Rehabilitation physician's appointment

Prosthetist's appointment

Physiotherapy 30 minutes

Group physiotherapy (30 min)

Physiotherapy (1 hour)

Individual physiotherapy (1 hour) *

Physiotherapy for pelvic floor muscles

Kinesio taping

Kinesio taping with the patient's tape

Physiotherapy in a pool

Instrument assisted physiotherapy

Ultrasound therapy

Laser therapy

Instrumental lymphatic massage

Light therapy

Light therapy of the skin

Localised mud therapy

Paraffin wax therapy

Underwater shower massage

Automatic water massage

Pearl bath

Jet shower

Salt therapy

Massage of one region, 30 min

Massage of one region, 15 min

Cup massage

Massage for lymph circulation

Honey massage

Trigger point massage

Facial and jaw muscle massage

Infant massage

Individual infant swimming

Infant swimming in group

Water aerobics for the pregnant

Speech therapist's appointment (60 min)

Assessment of swallowing function

Psychologist's appointment (60 min)

Psychologist's appointment (psychotherapy) 60min*

Service of social rehabilitation

Tervisesportlase koormusuuring sport I

Tervisesportlase koormusuuring sport II

Blood tests package for recreational athletes

Kehaskoostise määramine (SECA mBCA 515 analüsaatoriga)

Jalgade koormusjaotuse kompleksuuring 60 min

Anti-gravity treadmill (AlterG)

Gameready cold compression therapy

Training room (HUR machines) 1 person, 30 min in group

Training room (HUR machines) 1 person, 30 min individual

GRAIL – gait analysis and gait training system 60 min

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Shockwave therapy

Occupational therapy 60 min

Occupational therapy 30 min

Lymphotherapy

Nurse's appointment in the field of rehabilitation (lifestyle consultation)

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