IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla
Ravi 18, 10138 Tallinn
Rg-kood 10822068
Tel 666 1900
E-post info@itk.ee
www.itk.ee

Outpatient Rehabilitation Centre

The Outpatient Rehabilitation Center includes two departments: outpatient rehabilitation department and post-amputation rehabilitation 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, salt therapy and instrumental physiotherapy procedures.

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.

In addition to Pärnu mnt 104, the outpatient rehabilitation center is also located at Ravi 18.

Contacts

Post-amputation rehabilitation department, phone 606 7878

Services

Instrumental physiotherapy

Physiotherapy

Individual foot orthotics

Leg load distribution complex examination

Cardiopulmonary stress test

Gait analysis and training on the GRAIL system

Speech therapist’s appointment

Localised mud therapy

Shockwave therapy

Massage

Health checks for young athletes

Prosthetist´s appointment

Salt therapy

Rehabilitation physician´s appointment

Occupational therapy

Pelvic floor muscle physiotherapy

Mental health physiotherapy

Blood tests package for recreational athletes

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Outpatient Rehabilitation Centre

Pärnu mnt 104, Tallinn

666 1900

Google Maps

59.41682, 24.73878

Staff

Katrin Olo-Laansoo



5883 4234

katrin.olo-laansoo@itk.ee