IDA-TALLINNA KESKHAIGLA

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Pelvic floor muscle physiotherapy

The pelvic floor plays an important role in the correct location of internal organs, the complaint free functioning of the urinary and gastrointestinal tracts, and in ensuring sexual and reproductive function.

Pelvic floor disorders can occur in all people, regardless of their age and gender. In women, symptoms include urinary incontinence during exertion, depression of the pelvic organ and difficulty emptying the intestines; in men, they include various pain syndromes in the pelvic area and erection problems; in children they consist of bedwetting and constipation.

During the physiotherapeutic intervention, the physiotherapist examines the pelvic floor and evaluates the strength of the contraction of the pelvic floor muscles. Based on the assessment, an individual treatment plan is prepared for the patient, which also includes a home exercise plan. In addition, the physiotherapist advises the patient on toilet procedures and bladder training.

The service is free of charge with a referral from an East Tallinn Central Hospital rehabilitation doctor. In the absence of a referral, the service is subject to a fee.

Appointments can be booked:

- by phone 666 1900 **Mon-Fri 7:30-18:00**
- at the reception