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Mental health physiotherapy

Mental health physiotherapy is a physiotherapy service intended for oncology and rehabilitation patients based on the BBAT (Basic Body Awareness Therapy) method.

In the course of this service, patients are taught how to support self-awareness and cope with stress and illness through movement and awareness thereof**.**Body awareness therapy is suitable for physical and/or mental health problems, such as chronic pain, muscle tension, fatigue, insomnia, anxiety and mood disorders. It focuses on functional movement, developing movement awareness and movement quality, including learning to notice how you use your body in everyday activities (sitting, standing, walking and lying down).

A referral by a specialist working at East Tallinn Central Hospital is required to register for an appointment. The treating physician will determine the need for this service.