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

Physiotherapy in a pool

Physiotherapy in a pool builds muscles, stimulates the respiratory organs and regulates cardiac activity.

Additionally, water massage relaxes and relieves stress. Physiotherapy in a pool is a suitable activity even in the case of people for whom ordinary exercises might be difficult – people with joint problems, paralysis, weight issues, etc. In water, you will feel lighter and performing exercises will be easier.

Duration: 30 minutes

With a referral from a rehabilitation physician of ITK, the service is free. Without a referral, the service is paid.

Appointments can be booked:

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