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

Kinesio taping

Kinesio tape is an elastic tape that is an effective tool for reducing ailments of the skeletal muscle system.

Taping aids in the recovery of an area damaged by overuse or trauma. The tape helps reduce swelling and reduces pain.

We also perform kinesio taping with the patient's own tape. The service is for a fee.

Appointments can be booked:

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