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

Training room (HUR machines)

The training room is fitted with exercise equipment by the Finnish company HUR and enables targeting of all muscle groups. The equipment has been designed to also ensure convenient use by patients confined to a wheelchair.

The training room is used for 30-minute individual as well as group therapy sessions under the instruction of physiotherapists.

The training sessions are paid.

Appointments can be booked:

- by phone 666 1900 **Mon-Fri 7:15-18:00**
- at the reception