



IDA-TALLINNA KESKHAIGLA

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## Physiotherapy

**Physiotherapy is a rehabilitation method that aims to prevent damage to the patient's health, restore impaired functions, relieve pain, and maintain and improve endurance.**

Physiotherapy is carried out both individually and in groups.

A referral is required to receive the service. The Estonian Health Insurance Fund (Tervisekassa) pays for the service of a patient with an ITK referral. Without a referral or referral from another healthcare institution the service is paid.

### **Appointments can be booked:**

- by phone [666 1900](tel:6661900) **Mon-Fri 7:30-18:00**
- at the reception