



IDA-TALLINNA KESKHAIGLA

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## 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](tel:6661900) **Mon-Fri 7:30-18:00**
- at the reception