



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla
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Cold compression therapy

The procedure performed with the GameReady device helps speed up recovery from injuries.

In addition to topical cold therapy, the device contains compression therapy, which is very suitable for reducing swelling and pain after trauma and/or surgery (endoprosthesis placement, amputation, etc.).

Duration: up to 30 minutes. The service is for a fee.

Appointments can be booked:

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