



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

Instrumental physiotherapy

Instrumental physiotherapy is a type of physiotherapy where electrical therapy devices are used for faster recovery in the case of a wide variety of health problems, mainly for the recovery of the supporting and movement organs.

The treatment is used, for example, in acute inflammations, muscle and joint problems, post-traumatic conditions, ulcers, nerve diseases, skin diseases and ear-nose-throat diseases.

We offer various treatment procedures:

Magnetic therapy is a type of physical therapy where tissues are affected at the cellular level by a low-frequency magnetic field. Magnetic therapy has a strong effect on reducing swelling and it improves blood circulation. It is used to treat post-traumatic conditions, delayed-healing and immobile fractures and soft tissue, degenerative and rheumatological disorders as well as to reduce post-operative and chronic musculoskeletal pain. This therapy can be used in children aged 2 years and over. In the case of metal implants, it is allowed to use the longitudinal method. It can be used through a cast.

Duration: up to 30 minutes, length of treatment course 10 (12-15) times.

Impulse current therapy is one of the most common electrotherapy procedures, where direct current and high and low frequency alternating current are applied for the purpose of treatment. Impulse current is an interrupted direct current, the effect of which depends on the duration, frequency and shape of the impulse and the subsequent pause. The main effect of the impulse current is pain relief, improvement of blood supply in tissues and metabolism, relaxation of muscle tension, nerve stimulation (nerve stimulation). Suitable as a course of treatment (7-10 times). The length of the treatment course is determined by the doctor.

Ultrasound therapy is the application of high-frequency, low-intensity sound for therapeutic purposes. The ultrasound procedure provides a deep heating effect and has an analgesic, relaxing and anti-inflammatory effect. The ultrasound procedure softens and helps absorb old scar tissue and adhesions. The main indication is chronic joint and nerve inflammation, chronic pain syndromes and contractures. Ultrasound is suitable for treating joints, nerves, tendons and muscles. Ultrasound improves tissue nutrition in post-traumatic conditions and poorly healing ulcers. The duration of the procedure is up to 15 minutes. The length of the treatment course is determined by the doctor.

In laser treatment, an infrared or semiconductor laser is used, the rays of which penetrate 7-8 cm deep into the tissues. As a result of laser treatment, blood supply and tissue metabolism are improved and immunological processes are intensified. Laser treatment also gives good results in the case of inflammation of joints, muscles and tendons and in the treatment of post-traumatic conditions as well as in the treatment of trophic ulcers and phlebitis. Laser treatment has a pain-relieving effect, which reduces the sensitivity of pain receptors and improves blood supply and tissue metabolism. Laser treatment also reduces swelling. The length of the course is at least 3 sessions, but more permanent results are achieved in 7-8 sessions. The length of the treatment course is determined by the doctor.

A doctor's referral is required for the service. The service is for a fee.

Appointments can be booked:

- by phone [666 1900](tel:6661900) **Mon-Fri 7:15-18:00**
- at the reception