



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

## Shockwave therapy

**Shockwave therapy is a type of physical therapy. Shockwaves are acoustic waves which propagate in tissues and have healing properties.**

The first procedure is performed by a doctor, the following ones by a nurse.

The average duration of the procedure is 15 minutes, depending on the diagnosis. The first procedure, which includes a doctor's appointment, takes up to 30 minutes.

The average length of a treatment course is 3-7 procedures.

A physician's referral is necessary for the procedure. The procedure is paid.

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

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