

Rehabilitation Institute Apila

Over 45 years of interdisciplinary expertise

- Health and research
- Motivation and ideas
- Physical exercise



- Knowledge and expertise
- Well-being and relaxing
- Peer support and recreation

The Rehabilitation Institute Apila ("Clover") is owned by the Finnish Rheumatism Association. Our institute is specialised in the rehabilitation of people with rheumatic or musculoskeletal diseases as well as offering overall well-being through a variety of health services and for instance training facilities.

Our interdisciplinary staff will make your stay as pleasant and rewarding as possible. Apila consists of a multitude of health professionals such as medical specialists, registered nurses, physiotherapists, occupational therapists, psychologists, social worker, nutritionist, podiatrist and personal trainers who help our clients to improve their quality of life – their physical, mental and social state. Our clients as the key expert of his/her own treatment.

In addition to our rehabilitation services we offer tailored courses on health promotion, preventive measures and activities in order to tackle work-related musculoskeletal conditions as well as for example rare rheumatic diseases. Among other possibilities we provide counseling and instruction in ergonomics, self-help management, physical exercise and nutrition.

Thanks to its lakeside location, Apila is also an appealing vacation and RR (rest & recuperation) resort. You can make just a day trip to the institute or enjoy the comforts of Apila hotel. Apila's kitchen is open every day for breakfast, lunch and diner. Relaxing sauna and the pool is already waiting for you.

We will make your stay worthwhile!



Reumaliiton Kuntoutumiskeskus Apila
Reumantie 6, 36200 KANGASALA
tel. (03) 271 611

www.kuntoutumiskeskusapila.fi