Referral and reimbursement

Do you recognise the symptoms of intermittent claudication? Discuss them with your GP first. Your GP investigates the cause and can refer you for supervised walking therapy. You need a referral from your GP or specialist for this treatment.

What your insurance covers

For intermittent claudication (Fontaine stage II), Dutch basic health insurance covers up to 37 sessions within 12 months of the first session. This includes the first 20 sessions. Supplementary insurance is not required for this cover.

The insurance deductible applies to adults. Reimbursement also depends on your policy terms and the therapist's registration and contract with your insurer. Fysio Topfit has contracts with all Dutch health insurers.

Have you completed a course before, or do you need more sessions? Ask your insurer beforehand what is covered. A new course is not automatically covered again.



What to bring

Your referral, valid identification and insurance details. Wear comfortable clothing and well-fitting, sturdy shoes. Also bring an up-to-date list of your medicines.

Our locations

Ter Aar
Medisch Centrum Vosholplein
Vosholplein 1-4, 2461 AA Ter Aar
0172-603434
teraar@fysiotopfit.nl

Boskoop
Medisch Centrum Boomgaard
Boomgaard 215F, 2771 PD Boskoop
0172-212147
boskoop@fysiotopfit.nl

Nieuwkoop
Maarten Freeke Wije 2D, 2421 TP Nieuwkoop
0172-575595
nieuwkoop@fysiotopfit.nl

General enquiries
085-0514000
blijftopfit@fysiotopfit.nl

WhatsApp
06-57250687
(messages only, no calls)

Scan for opening hours

Download our apps

Fysio Topfit

Download on the App Store

Topfit met Toppie

GET IT ON Google Play

Free to download for iPhone and Android.

Pain when walking

Intermittent claudication

at Fysio Topfit

Do you get pain or cramp in your calves, thighs or buttocks when walking? Does it ease when you stop for a moment? This may be intermittent claudication. Ask your GP to investigate the cause.

Walk further with support

With supervised walking therapy and lifestyle support, we work on your walking distance, fitness and confidence in movement. Our specialist physiotherapists help you step by step.

Book an appointment

Scan the QR code or call 085-0514000.
Say you have a referral for walking therapy.

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What is intermittent claudication

Intermittent claudication results from narrowed arteries supplying the legs. This is called peripheral arterial disease (PAD). During walking, the muscles receive too little oxygen, causing pain, cramp or a heavy feeling. Symptoms usually ease after a short rest standing still.

The Dutch name, “etalagebenen”, refers to people stopping regularly as if looking at shop windows.

More than a leg problem

Atherosclerosis can also occur elsewhere in the body. Your GP therefore assesses your risk of cardiovascular disease. Smoking, diabetes, high blood pressure and high cholesterol play a role.

Healthy living and medicines

Stopping smoking, being active every day and eating healthily are important parts of treatment. Your GP also discusses medicines to reduce cardiovascular risk, such as an antiplatelet medicine and a cholesterol-lowering medicine. Take medicines as prescribed.

Why walking therapy

Supervised walking therapy is usually the first treatment for intermittent claudication. You learn to walk better and build your exercise tolerance. This often lets you walk further with fewer symptoms. For many people, a procedure on the blood vessels can be avoided or delayed.



What the programme involves

We start with a discussion and a walking test to assess your symptoms, walking distance, health and personal goals. You receive an exercise schedule tailored to you.

- Start: initially, supervised sessions usually take place 2 to 3 times a week. We adjust the frequency to your situation.
- Gradual reduction: as you improve, appointments become less frequent and you exercise more independently.
- Duration: the programme can last up to a year. The number and timing of sessions depend on your progress and goals.

Practice between appointments

Daily practice on your own is an important part of treatment. Alternate walking and resting according to your therapist’s schedule. Together, we agree how far to continue with the familiar pain and when to pause.

Increase distance and pace gradually. Keep a record of your exercises and discuss what is and is not working. Continue walking regularly and living healthily after the programme.

Treatment in stages

We regularly assess your progress. If symptoms worsen or you notice no improvement after about 3 months, discuss this with your therapist and GP. If necessary, your GP considers further tests or referral to a vascular specialist.



Our specialists

At Fysio Topfit, Krista van Kempen and Bibi Hop specialise in intermittent claudication and are affiliated with Chronisch ZorgNet. They guide walking training and lifestyle change. Krista is also trained as a GLI lifestyle coach.

Chronisch ZorgNet
bewegen & leefstijl

When to call a doctor

Call your GP or the out-of-hours GP service immediately for one or more of these symptoms:

- sudden, very severe pain in your leg;
- a leg that suddenly becomes pale and cold;
- a sudden major loss of feeling or strength in your leg.

These symptoms may indicate an acute blockage of an artery. Do not wait for your next physiotherapy appointment.

Contact your GP within 1 to 2 days if you have:

- leg or foot pain at night or at rest, especially if letting the foot hang down helps;
- a wound on your leg or foot that does not heal;
- a sudden, much shorter walking distance before pain starts.

More information

Exercise videos are at topfitmettoppie.nl; more information at chronischzorgnet.nl. For reimbursement information, visit zorginstituutnederland.nl or contact your health insurer.