Appointments and reimbursement

You can book without a referral. Dry needling is part of physiotherapy treatment. Reimbursement from supplementary insurance depends on your cover and remaining sessions. The compulsory insurance deductible does not apply to this cover.

Fysio Topfit has contracts with all Dutch health insurers. This does not mean every treatment is automatically covered. Check your policy. Without reimbursement, you pay yourself; ask us about the current fee beforehand.

Our dry needling specialists

Ter Aar
Krista van Kempen, Mabel van der Winden and Marcia Backer

Nieuwkoop
Eveline van der Weijden

Boskoop
Daphne Vergeer and Joram Janson

What to bring

Valid identification, your insurance details and any referral. Wear comfortable clothing that allows access to the muscles being treated. 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

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Topfit met Toppie

GET IT ON Google Play

Free to download for iPhone and Android.

Dry needling
at Fysio Topfit

Do you have painful or tense muscles, for example in your neck, shoulders or back? Dry needling may complement treatment for some muscle complaints.

Targeted care for muscle complaints

Using a fine needle, the physiotherapist stimulates a painful spot in a muscle. The aim is to reduce pain and muscle tension and make movement easier. Nothing is injected.

Together, we discuss whether this technique suits you. Exercise, movement and advice remain important parts of your recovery.

Book an appointment

Scan the QR code or call 085-0514000.
We can discuss which treatment suits you.

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What is dry needling

Dry needling is a physiotherapy technique in which a muscle is stimulated with a fine needle. “Dry” means that no liquid or medicine is injected.

What is a trigger point

A trigger point is a spot in a muscle that is painful when pressed, sometimes felt within a tight band of muscle. Pressure can cause local or referred pain. It may come with stiffness or difficulty moving.

Muscle complaints can be related to loading, limited variety in movement, recovery from injury or tension. Not every painful muscle has the same cause. We therefore assess your symptoms and capacity first.

When it may be used

The therapist may consider dry needling for muscle pain or tension, for example in neck, shoulder or back complaints or overuse. Whether it is useful depends on the assessment and your situation.

How it differs from acupuncture

Both techniques use fine needles. Dry needling focuses on muscles and muscle-related complaints, based on physiotherapy assessment. Its principles and application differ from acupuncture.



What happens during treatment

We start with a discussion and examination. We assess which muscles may contribute to your symptoms and discuss the aim, expected benefits, risks and alternatives. We treat only with your consent. You can stop at any time.

At our practice, dry needling is performed by physiotherapists with additional training. We use sterile, single-use needles.

What you may feel

You may feel a pinprick, pressure or brief cramp. Sometimes the muscle contracts briefly and involuntarily: a twitch. This can occur during treatment but does not itself prove that treatment has succeeded.

Treatment may help reduce symptoms, but results vary. We assess the effect together and adjust the treatment plan if needed.

Tell us beforehand

- If you take blood thinners or have a clotting problem. Never stop medication yourself.
- If you are pregnant or may be pregnant.
- If you have an infection, wound, reduced immunity, metal allergy, implant or recent surgery.
- If you fear needles or have previously fainted during injections or needling.

This information helps us assess whether and where dry needling is suitable for you. If necessary, we choose another treatment.

After treatment

The treated muscle may temporarily feel bruised, stiff or sore, often for one or two days. Minor bleeding or a bruise may occur. You may briefly feel dizzy, sick or tired. Tell us immediately if you feel unwell.

Keep moving gently and follow your therapist’s exercises and advice. Adjust sport and heavy activity to your response. Do not drive or cycle while feeling dizzy or unfit.

Risks and when to call

Serious complications are rare but possible. Examples include infection, nerve injury and, when treating near the chest, a collapsed lung (pneumothorax). We discuss the risks relevant to the treatment area.

Call your GP or urgent GP service now

If you develop new breathlessness, chest pain or pain when breathing after treatment, seek immediate medical assessment, even if symptoms start later. Call 112 for severe breathlessness or if you can hardly breathe.

Contact us or a doctor for other symptoms

Call your GP for fever, increasing redness, warmth or swelling at the needle site, or new loss of strength or feeling. Contact us for persistent or worsening soreness, a large bruise or concerns about recovery.

Working together on recovery

Dry needling may complement your treatment plan. Exercises, advice on loading and gradual progression help you work towards better movement. Please ask about the options and alternatives.