Your clinician

Darrel Badal is a psychosomatic physiotherapist who treats people with FND. When booking, tell us whether a neurologist has confirmed the diagnosis.

Practical information

A referral is not always needed to book, but an established diagnosis and coordination with your doctor are important in FND.

Costs and insurance

Cover depends on your clinical indication and policy. Supplementary insurance may cover sessions within its conditions and allowance. Separate basic insurance rules apply to some indications. A referral may be required and the statutory deductible usually applies to adults. You pay for care that is not covered. Ask for the current fee beforehand.

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.

Functional neurological disorder (FND)

at Fysio Topfit

FND can cause weakness, tremor or difficulty walking. Symptoms are real and are not deliberate. Targeted support can help you resume daily activities.

Book an appointment

Scan the QR code or call 085-0514000. Tell us which treatment you would like to discuss.

More information: www.fysiotopfit.nl

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What is FND?

In FND, the nervous system works differently, affecting movement control or the processing of signals. Sometimes it follows illness or an accident; sometimes there is no clear trigger. Stress is not necessarily the cause.

Symptoms can include altered strength or sensation, jerks, balance difficulties, fatigue or seizures. FND can coexist with another neurological condition.



Diagnosis and treatment

A neurologist diagnoses FND using characteristic clinical findings. A normal scan or exclusion of other diseases alone is not enough. Bring any explanations and investigation reports.

Physiotherapy addresses movement difficulties through education, practising movements that work better, shifting attention and rebuilding daily activity appropriately. We agree realistic goals and review progress together.



Working together

Recovery varies. Treatment cannot guarantee complete recovery. Exercises are tailored to your capacity, including how to manage fluctuating symptoms.

With your permission we work with your neurologist, GP or psychologist where appropriate. Seizures may require other specialised treatment.

Call 112 for sudden new paralysis, facial drooping or speech difficulties. Do not automatically attribute new acute symptoms to FND.

Before your appointment

Bring identification, insurance details and any referral or test results. Wear clothing that allows you to move comfortably. Let us know beforehand if you need support with language or communication.