Your clinician

Our physiotherapists work in Ter Aar, Boskoop and Nieuwkoop. When booking, ask which location and expertise suit your needs.

Practical information

Bring identification, insurance details, a towel and any referral. Wear comfortable clothing. Cancel at least 24 hours beforehand; otherwise a charge may apply.

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.

Physiotherapy

at Fysio Topfit

Pain, injury or reduced mobility can limit daily life. Together we explore what you need to perform activities as well as possible again.

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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How can we help?

Physiotherapy may address mobility, strength, fitness, balance or managing pain and tension. Your goals come first: for example walking, working, sport or standing up independently.

We consider your symptoms, health, daily demands and recovery potential. Sometimes advice is sufficient; sometimes treatment or a doctor’s assessment is needed.



Your treatment plan

After discussion and examination, we explain the findings and options. Together we plan exercises, education and practical advice. Hands-on treatment or equipment may sometimes support this.

We discuss likely benefits and drawbacks and review progress regularly. Recovery differs between people. Tell us what is and is not working so we can adapt your care.



Continuing independently

Practising in daily life is an important part of treatment. We explain activity levels and what to do during a setback. There is no single perfect posture: variety and appropriate movement often matter.

Our specialists work together in areas including children, older adults, sport, hands, jaw problems, oedema, manual therapy and lifestyle. See www.fysiotopfit.nl for the full range.

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.