Your clinician

Bibi Hop has completed a master's degree in geriatric physiotherapy. Contact us to discuss options and location.

Practical information

Treatment may take place at the practice or, if medically necessary, at home. Home treatment requires a GP or specialist referral; cover depends on the applicable conditions.

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.

Geriatric physiotherapy

at Fysio Topfit

Are walking, standing up or everyday tasks becoming harder? Geriatric physiotherapy supports what matters to you, taking ageing and multiple health conditions into account.

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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Your daily life comes first

Together we identify difficult activities and what you want to maintain or improve. We consider fitness, medication, other conditions and your home situation.

Support may be appropriate for frailty, falls, dementia, Parkinson’s, stroke, osteoarthritis or recovery after hospital admission or surgery. The aim is to function as independently and safely as possible.



What to expect

After discussion and examination, we agree a personal plan. You may practise walking, standing up, stairs, strength or balance. We adapt demands to your capacity and assess progress.

You may receive advice on a stick, walking frame, transfers or moving safely at home. For people confined to bed, positioning and transfers may also be addressed.



Cooperation and safety

With your permission we involve relatives, carers and professionals such as your GP, occupational therapist, dietitian or home-care team. We discuss useful support while preserving independence.

Sudden loss of function, injury after a fall or rapidly worsening symptoms require medical assessment first. Call 112 for facial drooping, sudden weakness or speech difficulties.

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.