Your clinician

Krista van Kempen specialises in hand therapy. Available only in Ter Aar: 0172-603434, teraar@fysiotopfit.nl.

Practical information

Bring surgical reports, surgeon's instructions and any splint. Basic insurance cover depends on the specific indication; rheumatoid arthritis does not automatically entitle you to all hand therapy.

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.

Hand therapy

at Fysio Topfit

Hand, wrist or finger problems can make dressing, writing, work and sport difficult. Hand therapy focuses on using your hand as well as possible in daily life.

TOPFIT FYSIO

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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Which conditions?

Examples include fractures, tendon or nerve injuries, ligament injuries such as skier’s thumb or TFCC injury, and recovery after hand or wrist surgery. Osteoarthritis, rheumatoid arthritis, trigger finger, De Quervain’s, nerve compression, Dupuytren’s and a ganglion may also be reasons for treatment.

Care differs by condition. A doctor’s examination or consultation with your surgeon may be needed first. Different hand problems need different exercises or splints.



Assessment and treatment

We discuss difficult tasks and assess movement, strength, sensation and daily use. Treatment may include exercise, swelling management, scar care, a splint and advice about work or household tasks.

After surgery we follow your surgeon’s instructions. When and how much you may exercise depends on the operation and tissue healing. Do not start or increase exercises on your own initiative.



What can you do?

Follow the agreed exercise schedule. Small amounts at the right times are often better than a lot at once. Tell us about increasing pain, swelling or splint problems. Do not alter a splint yourself.

Contact a doctor immediately for a cold, pale or blue finger, new loss of sensation or a red, hot wound with fever. Protect an operated hand according to your instructions.

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.