Your clinician

Boskoop and Nieuwkoop: Eveline van der Weijden. Ter Aar: Marcia Backer. Our paediatric physiotherapists tailor support to your child's development.

Practical information

Bring school questions, previous findings and any referral. You may register your child without a referral.

Costs and insurance

For children under 18 with non-chronic indications, basic insurance generally covers 9 sessions per condition over 12 months from the first session, with another 9 if necessary. Different rules apply to certain chronic indications. Children do not pay the statutory deductible. Check supplementary cover and any personal costs if further sessions are needed.

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.

Hypermobility in children

at Fysio Topfit

Some children have joints that move further than usual. This often causes no difficulty. Support may help if there is pain, fatigue or difficulty joining in.

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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What is hypermobility?

Hypermobility means extra joint movement. It can be a normal characteristic. Occasionally it is part of a connective tissue condition; flexibility alone is not proof of this.

Possible difficulties include joint pain, repeated sprains, instability, fatigue or motor skill problems. We focus on your child's experience and function, not just how far a joint bends.



Assessment and exercise

The paediatric physiotherapist discusses your concerns and examines your child, often through play. A mobility test such as the Beighton score may be included; interpretation depends partly on age.

Together we plan strength, control, balance and fitness exercises. Your child practises activities important at home, school and sport. With your permission we coordinate with school or other professionals if needed.

Advice for home

Encourage enjoyable movement and build demands gradually. Alternate activity and rest. Avoid repeatedly moving joints to their extreme range just to demonstrate flexibility.

Discuss persistent or night pain, swelling, repeated dislocations or other unusual physical features with the GP. Suspected underlying conditions may need further investigation.

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.