## Your clinician

Daphne Vergeer has a master's degree in orofacial physiotherapy and works in Boskoop. Call 0172-212147 or email boskoop@fysiotopfit.nl.

## Practical information

You can book without a referral, including after advice from your dentist. Bring relevant reports and your own dental appliance if applicable.

## 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.

# Jaw physiotherapy

## at Fysio Topfit

Jaw pain, limited mouth opening or symptoms from clenching can affect eating and speaking. Orofacial physiotherapy addresses the chewing system and head and neck area.

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

Version 1.1 – November 2026

## Which symptoms?

Examples include jaw or facial pain, restricted opening, locking and overload from clenching or grinding. A painless click alone does not necessarily need treatment.

Neck or shoulder symptoms and headaches may accompany jaw problems. We first assess whether physiotherapy fits or a dentist or doctor should investigate. Rehabilitation may also help after jaw injury or surgery.




## Treatment

Daphne examines jaw movement and loading and discusses habits, sleep, tension and daily activities. You receive education and exercises for movement, relaxation and appropriate use.

Massage or mobilisation may sometimes be used after explanation and with your consent. Where needed we work with your dentist, GP, orthodontist, jaw specialist or oral surgeon. A dentist assesses the need for a mouthguard or bite splint.



## Helping yourself

Notice unconscious clenching. At rest, teeth are generally apart. Temporarily avoid demanding habits such as prolonged gum chewing and follow your personal exercise advice. Do not force mouth opening.

Daphne also treats BPPV after a separate assessment; dizziness is not automatically a jaw problem. Call 112 for sudden severe dizziness with neurological symptoms. Contact a doctor immediately for jaw swelling with fever or difficulty swallowing.

## 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.