Your clinician

Ter Aar: Krista van Kempen. Boskoop: Maaike Rutjes. Eveline van der Weijden (Nieuwkoop) and Mabel van der Winden (Ter Aar) are training for a master's in manual therapy.

Practical information

You may book without a referral. Manual therapy has a different fee from regular physiotherapy and often shares the same supplementary allowance; also check any specific session limit.

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.

Manual therapy

at Fysio Topfit

For joint pain or stiffness, manual therapy may form part of treatment. We combine assessment, education, exercises and hands-on techniques where appropriate.

TOPFIT FYSIO

Book an appointment

Scan the QR code or call 085-0514000. Tell us which treatment you would like to discuss.

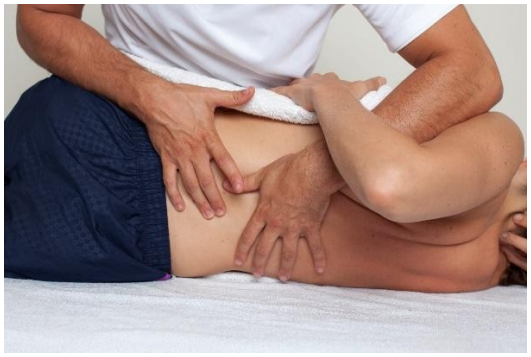
More information: www.fysiotopfit.nl

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When may it help?

Manual therapy mainly addresses movement-related joint and spinal symptoms, such as neck or back pain and certain headaches. Radiating pain is assessed carefully.

Many problems also respond to regular physiotherapy. We discuss which approach suits your goals. Dizziness and chest pain do not necessarily come from the neck or back and may require medical assessment.



Mobilisation and manipulation

Mobilisation uses gentle joint movements. Sometimes a short, quick movement called manipulation is proposed. A clicking sound does not mean a bone has been put back into place.

We explain the aim, alternatives, risks and your preferences beforehand. Rare serious complications are particularly relevant to neck manipulation. A technique is used only after safety assessment and with your consent. You may always choose an alternative.



Exercise and review

Hands-on techniques support active recovery. You usually receive exercises and advice about daily activities and loading. We review the effect and stop or change an approach that is not helping enough.

Temporary soreness may occur. Call 112 for sudden unusual severe head or neck pain with double vision, swallowing or speech difficulty, or weakness. Contact us about new or worsening symptoms.

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.