Your clinician

Nika Spruit is our exercise therapist in Ter Aar. KP registration: 49106806493. Appointments: 0172-603434 or teraar@fysiotopfit.nl.

Practical information

You may book without a referral. Many supplementary policies combine exercise therapy and physiotherapy within one allowance; check conditions for both.

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.

Exercise therapy: Mensendieck / Cesar

at Fysio Topfit

Learn to vary postures and movements and build activities appropriately. Exercise therapy helps you actively manage symptoms at home, work and in sport.

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 exercise therapy?

A Cesar or Mensendieck exercise therapist has a separate professional degree. Treatment addresses movement habits and daily function, considering physical demands and factors such as tension.

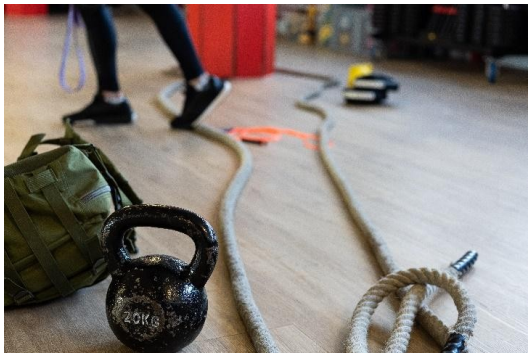
Examples include back, neck or shoulder problems, screen-work symptoms, tension, posture questions, certain breathing problems or symptoms around pregnancy. New medical symptoms are assessed appropriately first.



Exploring your habits

We discuss your goals and observe sitting, standing, movement and daily routines. There is no single ideal posture to hold all the time: variety and manageable demands matter.

Together we plan exercises and practical changes. You might practise relaxed movement, strength, breathing or difficult work tasks. The therapist coaches you in applying this to daily life.



Putting it into practice

Small sustainable changes matter more than changing everything at once. We discuss frequency, how to notice your body’s response and when to adapt.

Our exercise therapist and physiotherapists work together. With your permission we coordinate with others where helpful. Sudden breathlessness or new neurological deficits must not automatically be attributed to tension.

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.