Your clinician

Ask the practice for an online appointment. You and your therapist decide whether this is appropriate.

Practical information

Cover depends on your policy and the applicable care service. Online care is not automatically insured for everyone. Ask about cover, fees and appointment length beforehand.

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.

Online consultation

at Fysio Topfit

In an online consultation you meet your physiotherapist through a secure video connection. It may suit questions where remote advice, exercise and support are appropriate.

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 is it suitable?

Online support can help with various movement problems, for example neck, back, shoulder, knee or ankle symptoms. We first assess whether remote examination and advice can be safe.

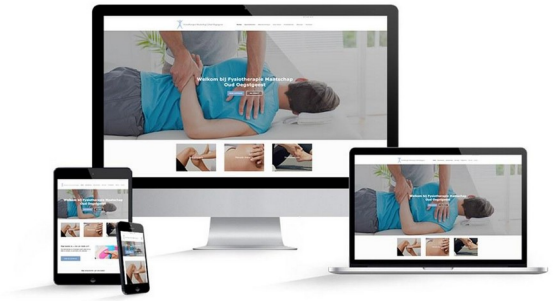
You may start online or continue part of an existing treatment remotely. If hands-on examination or in-person care is needed, we discuss changing format. Not every complaint can be assessed adequately by video.



Preparing

Use a computer, tablet or phone with camera and microphone and a stable internet connection. Choose a quiet, private space with safe room to move and wear comfortable clothing.

You receive connection instructions. Test sound and picture beforehand. Position the device securely so the therapist can see your movements. If connection fails, phone the practice.



During and after

Your therapist discusses symptoms, observes movement and provides exercises and advice. Digital exercise instructions may follow. Agree what to do if an exercise is difficult or symptoms increase.

Only record sessions if agreed together in advance. Suspected fracture after an accident, rapidly worsening symptoms or new neurological problems require in-person or medical assessment. Call 112 in an acute medical emergency.

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.