Your clinician

Krista van Kempen and Bibi Hop support people with osteoporosis. Bring relevant results, fracture history and your doctor’s advice.

Practical information

You may contact us directly. Specific medical indications or basic insurance cover may require a referral. If treatment at home is medically necessary, we can discuss the options. A referral is required; insurance cover depends on the conditions.

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.

Osteoporosis

at Fysio Topfit

With osteoporosis, bones are weaker and can break more easily. Appropriate activity, fall prevention and medical treatment can help reduce fracture risk.

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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Assessment and risk

Osteoporosis often causes no symptoms until a fracture occurs. A vertebral fracture may cause back pain, loss of height or a more curved back. Risk depends partly on age, previous fractures, medication and health.

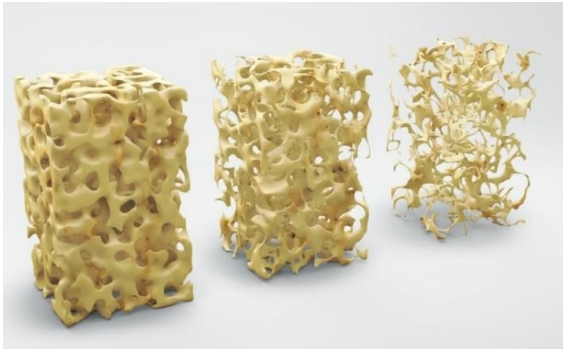
Your GP assesses fracture risk and may request a bone-density scan (DXA), vertebral assessment or other tests. A scan is one part of the assessment, not the only information.



Building strength safely

The physiotherapist discusses your goals, previous fractures and movement abilities. Exercises may address strength, balance, walking and everyday tasks, suited to your risk and capacity.

With vertebral fractures or high fracture risk we adapt exercises. Do not force movements or begin heavy loading or repeated forceful spinal bending and twisting without advice.



More than exercise

Discuss nutrition, calcium, vitamin D and any bone medication with your doctor. Do not take high-dose supplements on your own. Suitable footwear, good vision and a safe home also matter.

Seek medical assessment for new pain after a fall or sudden severe back pain. A fracture can sometimes follow minor loading. Discuss previous fractures and fall risk with your GP.

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.