Your clinician

Krista van Kempen and Bibi Hop are our Parkinson's specialists. Fysio Topfit is part of ParkinsonNet. Ask about the appropriate clinician and location when booking.

Practical information

A referral is needed for cover under a chronic indication. Adults generally receive basic insurance cover from session 21, subject to conditions and the deductible. Check any insurer requirements for ParkinsonNet membership. 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.

Physiotherapy for Parkinson's

at Fysio Topfit

Parkinson's can affect walking, balance, strength and daily tasks. Specialised physiotherapy helps you practise what you need and stay as active as possible.

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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Your needs come first

We discuss difficult activities: walking, turning, standing up, turning in bed or moving in busy places. Falls, fatigue and periods when medication works more or less well are also important.

Treatment does not cure Parkinson’s. It aims to support function, safe movement and adaptation to change. With your agreement we coordinate with your neurologist, Parkinson’s nurse and other professionals as needed.



Targeted practice

You may practise strength, fitness, balance and everyday tasks. For freezing, a rhythm, line on the floor or another cue may help. Useful strategies differ between people.

We plan exercises according to your capacity and, where possible, medication effects. Do not change medication yourself. We also discuss aids, fall risk and safe movement strategies.



Staying active at home

Choose enjoyable activities you can maintain. Follow your own plan and have support if needed for safety. Relatives may be involved with your permission.

Report changes or falls. Do not automatically attribute sudden new symptoms to Parkinson’s. Call 112 for sudden paralysis, facial drooping or speech difficulties. Contact a doctor for injuries after a fall.

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.