Contact and appointments

Call your nearest location or send us a WhatsApp message. If we are closed or cannot answer, please leave a voicemail. You can also use the contact form, appointment request form or chat on our website, or visit our reception.

Bring to your first appointment

- your referral from your GP or specialist, if you have one;
- your health insurance details;
- a valid identity document;
- a towel or large bath towel.

Unable to attend

Please notify us as soon as possible, at least 24 hours before your appointment. We can then reschedule it free of charge. If you cancel later, you will be charged for the treatment. You can cancel by telephone or email.



Personal belongings

The practice is not liable for loss or theft of personal belongings.

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.

Practice information

Fysio Topfit

Welcome to Fysio Topfit!

We offer a wide range of physiotherapy services. At our three locations in Ter Aar, Boskoop and Nieuwkoop, specialist therapists work together to help you. Whether you have back pain, are recovering from surgery or want to live more healthily, we are here for you.

Make an appointment

Scan the QR code or call 085-0514000.
No referral needed

Version 2.2 – November 2026

Our specialisations

- **For everyone:** physiotherapy, manual therapy, exercise therapy, dry needling, shockwave therapy, ultrasound imaging and medical taping.
- **For athletes:** sports physiotherapy and shoulder rehabilitation.
- **For children:** paediatric physiotherapy, from a positional preference in a baby to an injury in a teenager.
- **For older adults:** geriatric physiotherapy.
- **For specific conditions:** oedema therapy, oncology physiotherapy, hand therapy, jaw physiotherapy and walking therapy for intermittent claudication.
- **For stress and tension:** psychosomatic physiotherapy.
- **For a healthy lifestyle:** lifestyle coaching for adults and children, including the combined lifestyle intervention (GLI).

See all specialisations at www.fysiotopfit.nl.

Supervised exercise

Would you like to improve your fitness, build strength or work towards a personal goal? Train in our spacious exercise rooms with professional supervision, safely and tailored to your needs.

No referral needed

You can make an appointment without a GP referral. Treatment usually takes place at our practice. If your condition prevents you from travelling, we can treat you at home or in a care facility. For this, you do need a referral from your doctor.

Your first visit

At your first visit, we discuss your symptoms and carry out a physical examination. We explain the findings and agree a treatment plan with you.

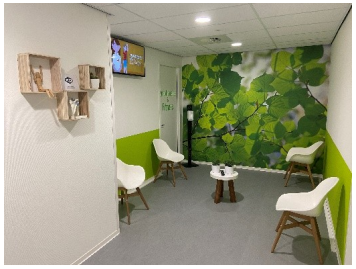
Your GP retains a central role in coordinating your care. We therefore keep your GP informed, unless you tell us that you do not want this.

Treatment costs and insurance

We usually bill your health insurer directly. Fysio Topfit has contracts with all health insurers.

- **Supplementary insurance:** reimbursement depends on your policy and remaining treatment allowance. Check your policy. The compulsory deductible does not apply.
- **Basic insurance:** children usually receive 9 sessions, with 9 more if needed. Different rules apply to certain chronic conditions. For adults with conditions on the statutory chronic conditions list, reimbursement starts from session 21, subject to conditions; for some conditions it starts earlier. The compulsory deductible may apply to adults.
- **Self-payment:** treatment not covered by insurance is billed to you through Infomedics.

Reimbursement and fees depend on your treatment and insurance. See our fees online or in the waiting room. Ask your insurer what your policy covers.



Do you have a complaint

If you are unhappy with your treatment, how you have been treated or how the practice operates, please tell us. Discuss it with your physiotherapist first; together we will look for a solution.

If this does not resolve the issue, contact practice owner Krista van Kempen. If there is still no solution, you can use the KNGF and SKF complaints procedure, with which we are affiliated. A leaflet is available in the waiting room.

Your personal information

Your physiotherapist records medical and administrative information needed for your treatment. We comply with privacy legislation (AVG/GDPR), and your physiotherapist has a duty of confidentiality.

Only your GP or referring doctor receives a treatment report. We do not share information with others without your consent. If you do not want a report sent to your doctor, please tell your physiotherapist.

Quality

An independent organisation assesses us annually for our Keurmerk quality certificate. We may invite you to a satisfaction survey conducted by QDNA on behalf of health insurers, or ask permission to use some treatment data anonymously in national quality registries. This helps us improve our care.