Your clinician

Darrel Badal is a psychosomatic physiotherapist. Contact us to discuss your needs and options.

Practical information

A referral is not always required. Bring relevant medical information and an overview of earlier treatments.

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.

Psychosomatic physiotherapy

at Fysio Topfit

Pain, fatigue, tension and breathing symptoms can influence each other. Psychosomatic physiotherapy explores links between physical symptoms, demands, thoughts and feelings.

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

Version 1.1 – November 2026

Your symptoms are real

Physical and psychological factors can both affect symptoms. This does not mean symptoms are imagined or caused only by stress. A medical condition may also be present.

We discuss symptoms, sleep, routines, recovery, work and what matters to you. For new or unexplained signs, we assess whether GP contact is needed first.



What does the therapist do?

Together we choose goals and an approach. Treatment may include body awareness, relaxation, breathing exercises, recognising limits and adapting activities.

Progression follows your responses. Especially with fatigue, continually increasing exercise is not automatically appropriate. We discuss a manageable balance between activity and recovery and review the effect.



Cooperation and self-care

You practise daily and discuss what helps or feels excessive. With your permission we coordinate with your GP, psychologist or others as needed.

Physiotherapy does not replace necessary medical or psychological treatment. Contact a doctor for new severe symptoms. Call 112 for acute chest pain with breathlessness or sudden neurological deficits.

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.