Your clinician

Paula Sep specialises in shoulder problems and is a member of Schoudernetwerk Groene Hart. Ask about the appropriate location.

Practical information

After surgery, bring your rehabilitation protocol and specialist's information. Duration depends on your condition, goals and recovery.

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.

Shoulder rehabilitation

at Fysio Topfit

Shoulder pain can affect dressing, work, sleep and sport. We assess your symptoms and plan how to use your arm as well as possible again.

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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Individual assessment

We ask how symptoms started, about any accident, daily demands and goals. We then examine movement, strength and contributions from the neck or other factors.

An ultrasound or scan is not always needed. Imaging is considered if it may change management. A finding does not automatically explain all pain.



Exercise and progression

Care mainly involves education, targeted exercise and gradually rebuilding activity. We address mobility, strength, control and work or sporting demands.

An additional technique may sometimes be discussed. Benefits vary by condition; it does not replace active exercise. After surgery we follow your surgeon’s protocol and instructions.

Advice and safety

Keep moving within agreed limits and avoid sudden large increases in activity. Discuss an acceptable response after exercise and when to adjust. You do not always need to be completely pain-free to exercise.

Seek prompt medical help if you cannot use the arm after a fall, or for a red, hot shoulder with fever. Call 112 for chest pain with radiation and breathlessness.

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.