Your clinician

Joram Janson has a master's degree in sports physiotherapy. Contact us to discuss sporting goals and location.

Practical information

Bring sporting or surgical information and wear clothes that allow movement. We may also ask you to bring sports shoes.

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.

Sports physiotherapy

at Fysio Topfit

After injury, you want to return to sport at a suitable level. Sports physiotherapy supports recovery and a gradual return to training and competition.

TOPFIT FYSIO

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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From injury to sport

We discuss your sport, training demands, injury, previous problems and goals. Assessment considers strength, mobility, fitness and movement control in relation to your sport.

Rehabilitation may also be appropriate after surgery, following the surgeon’s protocol. Return depends on healing and function, not simply the weeks since injury.



A personal programme

You work on recovery while maintaining other aspects of fitness where possible. Exercises become increasingly sport-specific, such as running, jumping, landing, accelerating or turning.

We use suitable tests and discuss responses to training to decide when progression is appropriate. Full recovery or return to your previous level cannot be guaranteed.



Managing demands and prevention

Balancing training and recovery, adequate sleep and gradual progression support capacity. Discuss pressure to return quickly and signs of overload. With your permission we liaise with coaches or other clinicians.

Severe injury, a visibly deformed joint or inability to bear weight requires medical assessment first. Performance training without a medical treatment indication is not automatically insured physiotherapy.

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.