Your clinician

We welcome you in Ter Aar, Boskoop and Nieuwkoop. State the problem, treatment type and location when booking.

Practical information

Unable to attend? Cancel by phone or email at least 24 hours beforehand. Late cancellation or missed appointments may be charged and are not paid by health insurance. Ask about current terms.

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.

Your first appointment

at Fysio Topfit

Welcome to Fysio Topfit. At your first appointment we discuss your symptoms, assess what is needed and agree the next steps together.

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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What to bring

Report to reception or take a seat in the waiting area. Your physiotherapist will collect you.

Bring identification, insurance details, a towel and any referral. Wear comfortable clothing. If relevant, bring a medication list, test results or postoperative instructions.

Think about your goals, how symptoms started and what you have already tried. Tell us about other conditions, earlier treatment and your concerns.



During the appointment

Without a referral we first screen whether physiotherapy is appropriate. This is followed by discussion and, with your consent, physical examination. We may advise contacting your GP first. You may need to remove some clothing for the examination. We explain this beforehand and ask for your consent.

We generally reserve an hour for the first appointment: about 45 minutes of contact and 15 for records and administration. Follow-up appointments generally last up to 30 minutes including documentation. Ask about the duration for your treatment type.



Deciding together

We explain findings and discuss goals, options, benefits, drawbacks and costs. You may ask questions, bring someone and tell us your preferences. Examination and treatment require your consent.

Your information is confidential. We discuss necessary cooperation and information sharing. If you are dissatisfied, speak to your therapist or ask the practice about its complaints procedure.

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.