Your clinician

Bibi Hop and Mabel van der Winden are trained in Otago; Nika Spruit in In Balans. Contact us to discuss the right pathway and available programmes.

Practical information

The national integrated falls-prevention pathway targets people aged 65 and over. Cover depends on fall risk, medical problems and the programme. Some participation is funded through the municipality; high fall risk with medical problems may qualify for basic insurance under conditions. Discuss referral, costs and the deductible beforehand.

Costs and insurance

Funding depends on the pathway: municipality, supplementary insurance, basic insurance or self-payment. Ask which pathway applies and whether a referral and deductible are involved.

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.

Fall prevention

at Fysio Topfit

Have you fallen or are you afraid of falling? A fall-risk assessment and suitable training can help you move more safely and confidently. Our practice programme is intended for people aged 55 and over.

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

Version 1.1 – November 2026

What increases risk?

Falls can relate to reduced strength or balance, medication, dizziness, poor vision, footwear or hazards at home. We also ask about previous falls and fear of movement.

For increased risk, your GP may assess several causes. Exercise alone is not always enough. Do not change medication yourself; have new dizziness or fainting medically assessed.



Appropriate training

After intake we choose an approach suited to you. You may practise strength, balance, standing up, walking and safe responses in everyday situations. Home exercises may be included.

Our clinicians are trained in Otago or In Balans. Duration, group format and frequency depend on the programme and your situation. Ask about current availability; a short series is not automatically a complete approved programme.



Beyond the sessions

Ensure good lighting and clear routes without loose cables or rugs. Discuss footwear, aids, vision and nutrition. Practise at home only as advised, with support if needed.

Report new falls. Head injury, severe pain or inability to bear weight after a fall needs medical assessment. Call 112 for an acute serious emergency.

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.