

## What do we do?

Plexus Amsterdam investigates and treats pain and other physical problems that restrict your movement or posture – expertly and with a strong focus on personal attention.

Our team of physiotherapists and manual therapists pool their years of experience and broad expertise to achieve the optimum result: relieving your problem quickly and permanently.

We evaluate the effect of our treatment continually and make adjustments to your treatment plan if necessary.

## Your first appointment: the intake

During your first visit, you discuss your problems with one of our therapists. This is followed by a physical examination, in order to gain a better idea of your problems and their cause.

If we determine the cause and it comes within our professional field, you will immediately receive an indication of the treatment plan and the expected recovery time.

If there are any uncertainties, we advise you on possible steps to take or we contact your doctor for further examination.

Please bring the following to your first appointment:

- ID, driving licence or passport
- Health insurance pass
- Any doctor's referral you have received



## Making an appointment

You can make an appointment at one of our 6 practices in Amsterdam. You may have been referred to us by your doctor or specialist, but you can also come directly to us for physiotherapy without a referral.

Call the practice of your choice or make an appointment via our website: [www.plexusamsterdam.nl](http://www.plexusamsterdam.nl)



**1 Plexus – Spui Med. Centrum**  
Centrum - Binnenstad  
Spuistraat 239-1  
020 673 71 68

**2 Plexus - Kensho**  
Oost  
Czaar Peterstraat 22  
020 303 82 22

**3 Plexus - SWPlexus**  
Oud Zuid - Willemspark  
Saxen Weimarlaan 56  
020 662 71 03

**4 Plexus - Great**  
Museumkwartier - Zuid  
Ruysdaelstraat 88-90  
020 662 13 07

**5 Plexus - Fresh**  
De Pijp - Zuid  
Tolstraat 57-59  
020 673 71 66

**6 Plexus – Buitenveldert**  
Buitenveldert  
Noordhollandstraat 59a  
020 303 82 23

[www.plexusamsterdam.nl](http://www.plexusamsterdam.nl) [mail@plexusamsterdam.nl](mailto:mail@plexusamsterdam.nl)

# PLEXUS

A M S T E R D A M

PHYSIOTHERAPY REHABILITATION MANUAL THERAPY



## Relieving your problem quickly and permanently.

We offer you expertise, clear advice and personal attention.



# 1. Physiotherapy

A physiotherapist gives advice, guidance and treatment to people with conditions affecting the musculoskeletal system. Problems include pain, reduced muscle strength or movement restriction in the neck, shoulders, back, knees or ankles.

## Relieving the condition

Our physiotherapists use a variety of recognised treatment techniques, alongside kinesio taping, medical taping, mylogenics and dry needling therapy, for example.

Besides the treatment sessions, you will receive personal advice and do all sorts of exercises in order to be able to move freely without pain again.

# 2. Manual therapy

A manual therapist treats people with recurring or chronic problems concerning the spine or arm and leg joints. Problems include headaches, protracted back pain and neck problems with radicular pain in the arms.

## Moving optimally again

Thanks to their specific knowledge, our manual therapists are expert at detecting and treating joint disorders of the limbs and spine. Besides the treatment sessions, you will receive advice on moving properly and you will do exercises to build up optimum movement again.

# 3. Rehabilitation

Our team guides people in learning to move again after an accident, sports injury, illness or medical intervention, such as a broken bone or operation. A rehabilitation plan is drawn up that takes account of movement capacity and the final goal.

## Learning to move again

In consultation with you (and with your physician, if necessary), our rehabilitation team draws up an individual programme of exercises. We will follow any treatment and rehabilitation protocol given to you by your specialist. You will make regular use of our well-equipped fitness and exercise rooms. Under supervision, you work responsibly on recovering the mobility and stability of your muscles and joints.



## Quality



All the physiotherapists and manual therapists who work at Plexus Amsterdam are registered in the BIG register and are listed in the KNGF quality register.