



Herstelsnel.nl | Zoutmanstraat 55 | 2518 GN Den Haag

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A new and unique centre for injury treatment, revalidation and prevention in the Hague Zeeheldenkwartier: Herstelsnel.nl located in the former Havinga Pharmacy: Zoutmanstraat 55 (between Prins Hendrikplein and Laan van Meerdervoort). Reachable by tram 17 that stops in front of the door.

With 200 square meters of treatment and training space on the ground floor, this centre is the largest in the region.

Opening hours:

Monday through Friday: 07.30 – 21.30
Saturday and Sunday: 10.00 – 14.00

Sports physiotherapy
Sports revalidation
Manual therapy
Medical training
Diabetes Direct Fit®
Tests and check-ups
Condition training
Reintegration

Top paramedical coaching in a secure and comfortable environment under supervision of an experienced and NVFS qualified sports physiotherapist, Jeroen Coster; Sven König, a NVMT qualified manual therapist; and Eric Bakker, a NVFS qualified sports physiotherapist and NVMT qualified manual therapist.

Physiotherapy and Sports Physiotherapy:

Herstelsnel.nl for physical problems caused by sport or movement. Treatment of injuries using the newest methods and guidelines. No referral by a general practitioner is required.

Sport revalidation:

Sport revalidation coaching is an unique product of Herstelsnel.nl. Jeroen Coster has been specially trained in this. He is able to bring an athlete systematically up to competition level by training strength, speed and condition, to optimize his performance, making use of a large and professional indoor (power) training space, as well as field training facilities.

Manual Therapy:

The manual therapist applies a number of specific techniques to the joints to improve their functioning and to improve posture and movement. The positive effects of this therapy can often be felt immediately: the patient/athlete will be able to move more freely and pain will diminish. The treatment program of the manual therapist includes also tutoring, advising and helping to optimise movement in a healthy way.

Medical training:

Patients and ex-patients can work out under paramedical supervision to improve their physical condition. It is an effective treatment to diminish pain and to prevent future complaints. The coaches make use of modern and user-friendly power training equipment controlled by computer and air pressure.

Herstelsnel.nl has contracts with all health insurance companies. For more information regarding the Centre or its products, please visit our website: www.herstelsnel.nl

Diabetes Direct Fit®:

Herstelsnel.nl offers the first and only total diabetes treatment: It is scientifically proven: Movement is the best medicine. For this treatment Herstelsnel.nl works together with a dietician, a diabetes nurse and a podologue.

Diabetes Direct Fit: a national network to help obtain and keep a healthy weight and a healthy and active life. We offer professional coaching in a secure and familiar environment. Come to our information evening!

Tests and check-ups:

Standardised health and fitness check-ups. How is your health and what would be the appropriate program to improve your physical condition?

Condition training:

Professional coaches help to improve your physical condition indoors, as well as outdoors (field training). Regular cardio fitness- and power training have had many positive effects. Loss of weight or diminishing the body's fat percentage have a positive influence on the hart- and vascular system, back and joint complaints, resulting in an important increase of the quality of life!

Reintegration:

Treatment methods in accordance with the latest scientific views for working people with posture and movement problems.