Psychosomatic Physiotherapy

Regain your Balance

The balance is disturbed

Are you stressed or overworked, or do you often have physical symptoms?
The psychosomatic physiotherapist at Zorggroep Almere can help you regain your balance. A psychosomatic physiotherapist specialises in the treatment of (unexplained) physical symptoms and long-term pain in which tension and stress may play a role.

Psychosomatic symptoms can manifest themselves both physically and psychologically.

Physical symptoms include:
- fatigue
- muscle and joint pain
- headache, neck and back troubles
- tightness in the chest, pressure, palpitations, stomach and abdominal problems
- a weakened immune system
- (long-term) unexplained pain
- difficulty relaxing, breathing problems (e.g. hyperventilation)

Psychological symptoms include:
- a general feeling of uneasiness
- listlessness
- irritability, restlessness or agitation
- sleeping problems
- depression
- brooding
- anxiety or uncertainty
- an inability to enjoy life
- an imbalance in eating and smoking habits, alcohol and medicine use

These physical and psychological symptoms can be influenced by certain circumstances, such as:
- a high workload
- conflicts
- emotional events

- relational problems
- the loss of loved ones
- serious illness
- many daily worries

If these circumstances continue over a longer period, they can unbalance you to such an extent that your physical and psychological resilience decreases, which leads to symptoms. The connection between physical symptoms and psychological overload is often not very clear in the beginning. Many people misinterpret or ignore these physical symptoms. As a result, the symptoms usually increase. In many cases, a medical diagnosis is lacking and a medical examination does not provide results.

How can a psychosomatic physiotherapist help you regain balance?
A psychosomatic physiotherapist can help you restore the balance between what you think your body (load) can do and what your body can handle (load capacity). To this end, they look at physical, psychological and social aspects (including your living and working conditions). The physiotherapist will talk to you to gain insight into you and your symptoms. Together you will determine your goals for therapy – these depend on your request for help, the conversation and the examination – and a treatment plan. The treatment works best if you are actively committed.

The goals of the therapy can be:
- Gaining insight into the cause of the symptoms and the influence they have on your daily functioning – we also look at factors that may perpetuate your symptoms.
- Increasing awareness and (learning to) recognise stress reactions.
- Sensing and learning to respect your physical and psychological limits.
- Learning breathing and relaxation exercises.
- Changing your behaviour and learning to deal with your symptoms differently.
- Building up your load capacity through exercises or training.
- Increasing your confidence in your body.

Cooperation with other specialists

Psychosomatic symptoms are complex. That is why the psychosomatic physiotherapist often works with other specialists, such as a referring doctor, a psychologist, a company doctor or other care providers in your health centre. The mutual coordination of your treatment plan increases the chances of a faster recovery. This always takes place in consultation with you.

Reimbursement

Psychosomatic physiotherapy is reimbursed under supplementary insurance. The reimbursement for physiotherapy depends on your health insurance package. For the policy conditions, please contact your health insurer.

More information and registration

For more information, go to fysiozorggroepalmere.nl. To make an appointment, call our Physio desk on +31 36 545 41 11 or make an appointment via our website.

For more general information about what psychosomatic physiotherapy can do for you, visit www.kngf–nfp.nl.

Zorggroep Almere