



Koen Willems, Physiotherapist and Health scientist (chronic pain and occupational therapy)

I can offer you a various range of services:

Physical therapy

- Sport injuries
- Orthopedic problems such as back pain
- Physical training for muscles and the entire body
- Therapeutical masages
- Mobilisation of joints

Physical therapy in combination with 'Health Coaching'

- Multidisciplinary treatment of overweight and obesity for children and adults
- Treatment of chronic pain such as back pain, neck pain, headache and rheumatic diseases
- Problems according to low physical and mental energy
- 'Coaching' for daily life and sports with the use of cognitive therapy and physical strengthening

Personal training

- Physical training with special attention for prevention and recovery of physical injuries
- Running training

Occupational therapy (Health at Work)

- Prevention of health problems using ergonomic advice, presentations, company sports (like conditional circuit, stretching and relaxation)
- "Disability management"; implementation of a communication structure within a company to prevent sick leave inclusive 'coaching' of the managers
- Job rehabilitation in situations of health problems or in case of sick leave
- Individuel 'coaching' and physical therapy for employees to improve health and gain energy to stimulate productivity and decrease the risk of sik leave