



Mieke VERBANCK

Physiotherapist - Sophrologist

Married, 2 children (Louis 2008 and Marie 2010)

Trilingual Dutch - French - English



Presentation :

I have always had a keen interest in health matters. After obtaining a master's degree in physiotherapy from the Vrije Universiteit Brussel in 2002, I started a career in the pharmaceutical industry where I remained for more than 10 years.

In 2014, I made a career switch and followed a specialty course in perineology (at the Université Catholique de Louvain).

As my patients often need more than traditional physiotherapy, I also followed a training in sophrology (2017-2019).

At present, I treat my patients by means of physiotherapy and I pamper them also with Personal Wellness sessions, either individually or in groups of moms/friends.

Skills :

- Pre- and postnatal physiotherapy
- Perineal rehabilitation
- Abdominal rehabilitation
- Core Stability training
- Preparation for resumption of sport activities

Services :

- Individual physiotherapy
- Group exercise classes Bodysculpt
- Massages
- Personal Wellness

Education :

- Licentiaat in de Motorische Revalidatie en Kinesitherapie (VUB)
- Kinésithérapie et périnéologie (UCL)
- Zwangerschapsbegeleiding (ICZO)
- School of sophrology (ICZO)

0496 58 51 21

info@miekeverbanck.be

www.miekeverbanck.be

INAMI 533594-03-522