

Back On Track Physical Therapy

DIRECTIONS: ALL CLINICS

☎ For all locations, call: (617) 730-5337 or (877) Get – Back

Brookline Clinic *Main Office & Business Office*

1180 Beacon Street, Suite 6C,

Parking located in metered spots along Beacon Street & 2 hour off-street parking on the side streets.

Handicap Accessible

From the Powell / Kent Street 'T' Stop on the C Branch of the Green Line -- our building is located across the street from the T stop on the north/outbound side of the street.

From 93 North/South or from Downtown Boston -- Get off 93 at the Storrow Drive West Exit.

Take Storrow Drive West to the Kenmore Sq. exit. At the end of the exit, turn right at the light onto Beacon St. & enter Kenmore square. At the 2nd light veer left of the Citizens bank to stay on Beacon St. Approximately 1 mile on the right will be 1180, a large white brick building. It is just after a traffic light & just before the Holiday Inn.

From Rt. 9 -- Take Rt. 9 west to Harvard St. in Brookline Village. Turn left onto Harvard St at the Fire House (Actually follow the signs & make 2 right turns around the fire house). Stay to the right where Washington St. & Harvard St. split. Follow Harvard St to Beacon St. (Coolidge Corner.) Turn right onto Beacon. # 1180 is 2 blocks down on the opposite side of the street, just past the Holiday Inn. Look for a large white brick building.

From Cleveland Circle -- Follow Beacon St. for approx. 2 miles into Coolidge Corner (intersection of Beacon St. and Harvard St.) After Harvard St., 1180 is 2 blocks down on the left side of the street, just past the Holiday Inn. Look for the large white brick building.

Brookline O.T. Clinic

1269 Beacon Street, Suite 2, Brookline, MA

Parking located in metered spots along Beacon Street & 2 hour off-street parking on the side streets.

Handicap Accessible

From the Coolidge Corner 'T' Stop on the C Branch of the Green Line -- Cross the inbound side of Beacon St toward the wine shop. Turn left & cross Harvard Street & walk 1 block. The building is located past the Staples on the corner of Beacon & Charles St. on the 2nd floor

From 93 North/South or from Downtown Boston -- Get off 93 at the Storrow Drive West Exit.

Take Storrow Drive West to the Kenmore Square exit. At the end of the exit, turn right at the light onto Beacon St. & enter Kenmore square. At the 2nd light veer left of Citizens bank to stay on Beacon St. At approximately 1¼ miles make a U-turn on Pleasant Street onto the inbound side of Beacon. On your right will be a Staples & #1269 is just past it. It's a large tan colonial building on the second floor.

From Rt. 9 -- Take Rt. 9 west to Harvard St. in Brookline Village. Turn left onto Harvard St. at the Fire House (Actually follow the signs & make 2 right turns around the fire house). Stay to the right where Washington St. & Harvard St. split. Follow Harvard St. to Beacon St. (Coolidge Corner) at Bank of America. Turn right onto Beacon St. #1269 is located one block down on the right. It is just past the Staples on the corner of Beacon & Charles St. on the 2nd floor

From Cleveland Circle -- Follow Beacon St. for approx. 2 miles into Coolidge Corner (intersection of Beacon St. & Harvard St.) After Harvard St. #1269 is located one block down on the right. It is just past the Staples on the corner of Beacon & Charles St. on the 2nd floor

Waltham Clinic at Waltham Athletic Club

249 Lexington St. Waltham, Ma.

Free parking is located on the premises.

North or South 128 – Exit 27A (Totten Pond Rd.). When you come off the exit you're heading east on Totten Pond Road. Go down that road until you can't go any further (about 2 miles). At the end take a right. Immediately upon taking a right, there is a fork in the road, bear left at the fork, which is Lexington Street. Go through one set of lights and the club is a little ways after that on the left.

Off Route 2 – Exit 54A. When you come off the exit bear right on to Waltham Street in Lexington. Go down about half a mile until you reach Friendly's Restaurant on the left. At this point it changes to Lexington Street in Waltham. After Friendly's, go through 6 sets of lights and bear left all the way. The club is a little ways after the sixth set of lights on the left.

Cambridge Clinic at the WellBridge Athletic Club

5 Bennett Street, Charles Hotel, Cambridge, MA

Parking located Charles Hotel for a discounted fee with validation stamp, or in meters on the street.

From the Harvard Sq. T Stop -- Follow signs in the T station toward Brattle Street. When you come up onto the street, follow Brattle Street in the same direction that the exit stairs face. Continue straight on Eliot St. past The Harvard Square Hotel, to the light & cross to the opposite side of the street. The Charles Hotel will be on your right. Go up the stairs into the courtyard. Turn left to go through the double glass doors with the WellBridge sign. Follow the hallway to the end.

From 93 North -- Exit Rt. 93 on the Mass Pike & take exit 18 (Allston/Cambridge). Follow the exit toward Cambridge & continue straight over the River St. Bridge & turn left onto Memorial Drive. At the 3rd traffic light, turn right onto J.F. Kennedy St. Then turn left at the 1st traffic light onto Eliot St. & veer left at the next light onto Bennett St. Just past the main entrance to the Charles Hotel is the entrance to the parking garage on your left.

From 93 South -- Exit Rt. 93 at Storrow Drive West. Travel about 3 miles on Storrow Drive & take Harvard Sq./Cambridge Exit. Turn right & proceed over the bridge & across Memorial Drive onto J.F. Kennedy St. Turn left at the 1st traffic light onto Eliot St. & veer left at the next light onto Bennett St. Just past the main entrance to the Charles Hotel is the entrance to the parking garage on your left.

From Union Square in Somerville -- Travel up Washington St. towards Harvard Sq. After the 2nd traffic light, Washington St. becomes Kirkland St. Turn left at the 1st traffic light onto Quincy St. Make a right at the 1st light onto Cambridge St., go under the tunnel & bear left. At the traffic light, turn left onto Mass Ave. Go straight through Harvard Square 2 traffic lights. At the third light, turn right onto Bennett Street. The Charles Hotel will be on your left; just past the main entrance to the Charles Hotel is the entrance to the parking garage on your left.

Newton Clinic at the Boston Sports Club

135 Wells Avenue, Newton, MA

Free parking located in the Boston Sports Club lot adjacent to building.

Handicap Accessible

From Rt. 128 -- Take 128 to the Highland Avenue/Needham exit 19B. Turn left at the first traffic light at Hunting Road. Drive approximately 1/4 mile to first set of lights & turn left on Kendrick. (Kendrick becomes Nanhanton when you cross the Charles River & enter Newton,) Drive approximately 1 mile, then turn right onto Wells Ave. Follow Wells Ave. around the circle to #135.

From Rt. 9 -- Take Centre St. exit & turn left onto Centre St. Follow straight through lights onto Winchester St., & follow to the end, approximately 1 mile. Take a right onto Nanhanton St. & take your first left at the lights onto Wells Ave. Follow Wells Ave. around the circle to #135.

From West Newton -- Take Walnut St. (off Washington St.) past Comm. Ave. & Beacon St. Turn right onto Centre St. & follow straight through lights on Winchester St. to the end, about 1 mile. Take a right onto Nanhanton St. & first left at the lights onto Wells Ave. Follow Wells Ave. around the circle to #135.

From West Roxbury -- Take VFW Parkway to Baker St. heading towards Newton. At the 3rd set of lights, take a left onto Nanhanton St. Follow about 1 mile to traffic light & take a left onto Wells Ave. Follow halfway around the circle.

Danvers Clinic at the Atlantis Sports Club

50 Ferncroft Rd, Crowne Plaza Hotel, Danvers, MA

Free and ample parking Handicap Accessible

From Salem -- Route 114 West to Route 1 North. On Route 1 North, stay right past exit for Route 95 North and take your next exit on left for Route 1 South. Take first right onto Ferncroft Road. Follow the signs for the Atlantis Sports Club/Back on Track.

From the North -- Route 95 South to Exit 50. Follow signs to Ferncroft Road (first right). On Ferncroft Rd., follow the signs for the Atlantis Sports Club/Back on Track.

From the West -- Mass Pike to Route 128 North to Route 95 North. Take Exit 50, Topsfield exit. Bear left at Route 1 South, Danvers. Take first right onto Ferncroft Road. Follow the signs for the Atlantis Sports Club/Back on Track.

From the South -- Route 93 North to Boston. Take Route 128 North to Route 95 North. Take exit 50, Topsfield exit. Bear left at Route 1 South, Danvers. Take first right onto Ferncroft Road. Follow the signs for the Atlantis Sports Club/Back on Track.

Bedford Clinic

186 Great Road, Bedford, MA

Free Parking Handicap Accessible

From the South – I95 North to Exit 31B. Follow RT 225 (West)/RT 4 for 2 miles. Back On Track will be on your right in the Starbucks Plaza.

From the North – I95 South to Exit 31B. Follow RT 225 (West)/RT 4 for 2 miles. Back On Track will be on your right in the Starbucks Plaza.

From the West – Take Mass Pike East to Exit 14 - I95 North. Take exit 31B off I95 and follow RT 225 (West)/RT 4 for 2 miles. Back On Track will be on your right.

From Boston – Take Rt 9 West approximately 5 miles to I95 North. Take Exit 31B off I95. Follow directions from RT 225 above.

From Cambridge – Take RT 2 West/Concord Turnpike 6 miles to I95 North. Take I95 North to exit 31B. Follow directions from RT 225 above.