

# 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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.

**NOTE: Once inside the Waltham Athletic Club, you will go down the stairs towards the right. There is an elevator if you are unable to take stairs. The person at the front desk of the club can assist you with this. Once downstairs, there is a waiting area outside our offices. Please have a seat until your therapist greets you there.**

### **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.

**NOTE: Back On Track Physical Therapy is located on the 3<sup>rd</sup> floor of the Wellbridge Club.**

**If entering from the Charles Hotel Lobby:** locate elevators - go to 3<sup>rd</sup> floor. Face the Regatta Bar and turn RIGHT to proceed down the hallway. Courtyard will be on your RIGHT – signs to Wellbridge pool will be posted (**NO** Back On Track signs) – follow these signs and push gray button to enter pool area. Our clinic is located just on the other side of the stairs near the pool chairs.

**If entering from the Courtyard:** enter LEFT building – LePli/Wellbridge Athletic Club. Enter Wellbridge and check in. Proceed up stairs. Clinic is to the RIGHT at the top of the stairs.

**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 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 3<sup>rd</sup> traffic light, turn right onto J.F. Kennedy St. Then turn left at the 1<sup>st</sup> 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 1<sup>st</sup> 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 2<sup>nd</sup> traffic light, Washington St. becomes Kirkland St. Turn left at the 1<sup>st</sup> traffic light onto Quincy St. Make a right at the 1<sup>st</sup> 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 Nahanton when you cross the Charles River & enter Newton,) Drive approximately 1 mile, then turn right onto Wells Ave. BSC will be on your right.

**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 3<sup>rd</sup> 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, Hilton Doubletree/Coco Water Resort, 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.

**Cambridge Clinic at the Hyatt Regency**  
**575 Memorial Drive, Cambridge, MA 02139**

Take Memorial Drive to Amesbury St at the light. (R or L depending on coming from East or West)

The parking lot for the Hyatt Regency is behind the building on the left. Please take a ticket and **bring it to your appointment for validation!** Park on 3A or 5A parking levels. Take the elevator directly attached to the parking garage, do not cross the walkway to the hotel. Press the button for **StayFit** in the elevator. When you arrive at the Atlantis Health Club, please check in with the front desk staff. They will instruct you to validate your ticket for free parking.