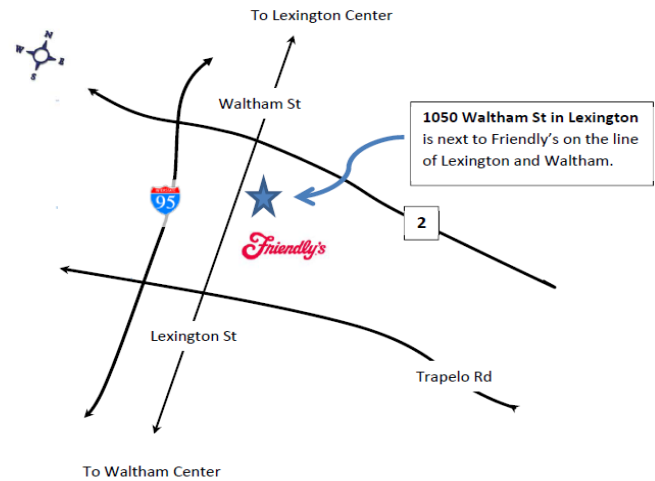




FUNCTIONAL MECHANICS, LLC
1050 WALTHAM STREET, SUITE 330
LEXINGTON, MA 02421
TEL: 617-924-3668

CHERYL L. MAURER PT, MS, C.PED.



General Directions

These are *general* directions; please take time to plot your trip

From the North (Routes I-93, 128/I-95, 3)

- **Route 128/I-95 South**
- Take **Exit 28/Trapelo Rd/Belmont/Lincoln** towards **Belmont**
- Turn **left** onto **Trapelo Rd**
- Turn **left** onto **Lexington St** (which becomes **Waltham St** in front of our office)
- **1050 Waltham St** is on the **Right** immediately after **Friendly's**

From the South (Routes I-495, I-93, 1, 128/I-95, 9) - or - Massachusetts Turnpike (I-90)

- **Route 128/I-95 North**
- Take **Exit 28A/Trapelo Rd**
- Turn **right** onto **Trapelo Rd** at the end of the ramp
- Turn **left** onto **Lexington St** (which becomes **Waltham St** in front of our office)
- **1050 Waltham St** is on the **Right** immediately after **Friendly's**

From the East (Cambridge/Boston)

- **Route 2 West** (Concord Turnpike)
- Take exit **54A/Waltham St/Waltham** onto **Hayden Ave**, towards Waltham St/Waltham.
- Turn **right** onto **Waltham Street**.
- **1050 Waltham St** is on the **Left** immediately after the **Edinburg Center**

From the West (Concord/Leominster)

- **Route 2 East** (Concord Turnpike)
- Take exit **52A** onto **I-95/128 South**
- Take **Exit 28/Trapelo Rd/Belmont/Lincoln** towards **Belmont**
- Turn **left** onto **Trapelo Rd**
- Turn **left** onto **Lexington St** (which becomes **Waltham St** in front of our office)
- **1050 Waltham St** is on the **Right** immediately after **Friendly's**

Dear

Your appointment time & date is: _____

- Please arrive 10 minutes early to complete paperwork.
- If you have one, please bring your prescription and any x-rays, MRIs and medical reports relevant to your current condition.
- Please bring 3 assorted pairs of footwear, including athletic and non-athletic, any existing orthotics, a pair of shorts and socks.

We look forward to meeting you!

Public Transportation Options

MBTA

Buses originating in Cambridge, Arlington, and Lexington:

1. **# 62:** Bedford V.A. Hospital – Alewife Station via Lexington Center & Arlington Heights
2. **# 70A:** Cedarwood, No. Waltham or Watertown Sq. – University Park via Central Sq., Cambridge, Arsenal St. & Western Ave.
3. **#76:** Hanscom/Lincoln Labs – Alewife Station via Lexington Center & Civil Air Terminal

Please visit www.mbta.com to map out your MBTA route.

Lexpress Bus

Route 2: Originates in Lexington at Depot Square on Massachusetts Ave.

http://www.mbta.com/uploadedFiles/Documents/Schedules_and_Maps/Bus/Lex1-6.pdf