



# Temple Physical Therapy

680 South Main Street, Suite 120

Cheshire, Connecticut 06410

203.272.3120 Phone

203.272-3151 Fax

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## Physical Therapy

You have been recently contacted by our office to be scheduled for an initial evaluation for physical therapy. Your evaluation is scheduled and it will last approximately 30 minutes to an hour. When attending the initial evaluation we recommend wearing clothing that you are comfortable performing physical activity in. We have enclosed a map to our facility and four questionnaire forms. Please fill out the following forms completely and accurately as possible prior to your arrival for the evaluation.

### **Direction(s):**

**From I-95: (From New Haven/West Haven).** Take I-91 North to exit 10 which is the Mt. Carmel Connector toward Hamden/Cheshire (Route 40 North). At the end of the ramp take a right onto Whitney Avenue (Route 10 North). Continue to follow Route 10 through Hamden and into Cheshire for approximately 5.9 miles. The facility will be on the right.

**From Waterbury Area:** Take Waterbury road (Route 70). Continue to follow route 70, which will require you to take a right onto main street (Route 70/68). Turn Right onto Highland Ave (Route 10). Our facility will be on your left side in approximately 1.1 miles.

