



Mid-Atlantic Physical Therapy Associates, LLP

Course: **NAIOMT 610: Intermediate Lower Quadrant (42 CEUs)**

Instructor(s): Bill Temes, PT, OCS, COMT, FAAOMPT

Location: New York University: Hospital for Joint Diseases (Granmercy Park – Manhattan)
301 East 17th Street & 2nd Avenue
4th Floor, Room #463
New York, NY
Clinic Phone: 212-598-6389/7281
http://www.med.nyu.edu/hjd/contact_us/findus.html

Click here to see a map of the area: <http://www.med.nyu.edu/hjd/images/bigmap.gif>

Course Contact: Norbert Ryglewicz (Local Contact) Cell: 516-639-1819
Larry Grine (MAPTA) Cell: 703-798-2984

Dates: Part A: November 6-8, 2009 (Friday - Sunday)
Part B: December 11-13, 2009 (Friday - Sunday)

Course Times: Friday: 12pm – 6pm Saturday & Sunday: 8:30am – 5:00pm
Clinic will open: 8:00am

Food: Bagels, Coffee, Snacks and beverages will be provided. Lunch will be on your own (1 hour)

Attire: Have lab clothes available (tank tops, sports bras, shorts)

TRAVEL INFORMATION

Airports:

John F. Kennedy International Airport (JFK)

JFK, in Queens (at the south end of the Van Wyck Expressway), primarily handles international flights.

Getting to and from JFK: <http://www.ny.com/transportation/airports/JFK.html>

General Info: 718-244-4444

Parking Info: 718-244-4168

LaGuardia Airport (LGA)

LaGuardia, also in Queens (on the Grand Central Parkway), mainly handles domestic flights. If you're flying in from anywhere in the U.S., chances are you'll come through here. Particular exceptions include Continental Airlines.

Getting to and from LaGuardia: <http://www.ny.com/transportation/airports/LGA.html>

General Info: 718-533-3400

Parking Info: 718-533-3850

Newark International Airport (EWR)

Newark, in Newark, New Jersey, handles both domestic and international flights. It's a bit further from the city than the other two airports, but it is generally less crowded and has more modern facilities.

Getting to and from Newark: <http://www.ny.com/transportation/airports/NWK.html>

General Info: 973-961-6000

Parking Info: 888-397-4636

Disclaimer: Local Information regarding hotels, restaurants, transportation, and directions to the course is provided as a courtesy by the hosting facility. Please verify restaurant and hotel prices and quality, directions, and travel times to ensure a safe and enjoyable trip and timely arrival to the course. Go to www.mapta.org for more course information.



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Hotels located near NYU:

MAPTA recommends looking on **www.hotels.com, www.travelocity.com, or www.orbitz.com.**

Dumont Plaza

<http://dumont-plaza.visit-new-york-city.com/>

East 34th Street between Lexington and 3rd Avenue New York, NY (212) 481-7600

Shelburne

<http://www.affinia.com/New-York-City-Hotel.aspx?name=Shelburne-Murray-Hill>

Lexington Avenue and E37th Street New York, NY (212) 689-5200

Murray Hill East Suites

139th Street between Lexington and 3rd Avenue New York, NY (800)-248-9999

Crowne Plaza at the United Nations

<http://crowne-plaza-united-nations.visit-new-york-city.com/>

304 East 42nd Street New York NY (212) 986-8800

Hotel Giraffe

<http://www.hotelgiraffe.com/>

365 Park Avenue South & 26th Street New York, NY (212) 685-7700

The Marcel

<http://www.themarcelatgramercy.com/>

201 East 24th Street New York, NY 10011 (212) 696-3800

Hotel 17

<http://www.hotel17ny.com/>

225 E. 17th Street New York, NY 10003 (212) 475-2845

W New York

<http://www.starwoodhotels.com/whotels/property/overview/index.html?propertyID=97502>

541 Lexington Avenue New York, New York 10022 (212) 755-1200

Parking:

Parking is available on neighborhood streets. If street parking is hard to find, there is a parking garage on 17th St. between 1st & 2nd Ave.

Public Transportation:

Refer to : MTA New York City Transit

<http://www.mta.info/nyct/maps/submap.htm>

<http://www.mta.info/nyct/maps/manbus.pdf>

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Additional Directions:

By Bus

M15 running north on First Avenue or M15 running south on Second Avenue. Get off and walk to 17th Street and Second Avenue.

By Subway

The IRT local number #6 train or any subway line that stops at Union Square which is located at 14th Street and Lexington Avenue. Transfer to the Carnasie Line (L) and take the L to the 3rd Avenue stop. Walk east on 14th Street to 2nd Avenue and turn left, proceed to 17th Street.

By Car

From Brooklyn and Staten Island:

Via the Williamsburg Bridge, Manhattan Bridge, Brooklyn Bridge or Brooklyn-Battery Tunnel, exit onto the FDR Drive. Take the FDR Drive north to 23rd Street (left exit). Proceed two blocks to 2nd Avenue and turn left. Proceed to 17th Street.

From the Bronx, Westchester, and New England:

Via the Triboro Bridge, exit onto the FDR Drive south (downtown exit). Take the FDR Drive south to the 23rd Street exit. Proceed to 2nd Avenue and make a left on 17th Street.

From Queens and Long Island:

Via the Triboro Bridge, exit the bridge onto the FDR Drive south (downtown, left exit). Take the FDR Drive south to the 23rd Street exit. Proceed to 2nd Avenue and make a left onto 17th Street.

Via Queensboro Bridge (59th Street), use the upper level of the bridge, following the exit ramp to 14th Street exit and then turn right. Proceed east on 14th Street to 2nd Avenue.

Via Queens-Midtown Tunnel, upon exiting from the tunnel make a left onto 2nd Avenue and make a left onto 17th Street.

From Upstate New York:

Via the Triboro Bridge, exit the bridge onto the FDR Drive south (downtown, left exit). Take the FDR Drive south to the 23rd Street exit. Proceed to 2nd Avenue and make a left onto 17th Street.

Via the George Washington Bridge, take the Harlem River Drive exit. Proceed south (downtown) on Harlem River Drive (the drive's name changes to FDR Drive at 125th Street) to the 23rd Street exit (right exit). Proceed to 2nd Avenue and make a left onto 17th Street.

From Northern New Jersey:

Via the George Washington Bridge, take the Harlem River Drive exit. Proceed south (downtown) on Harlem River Drive (the drive's name changes to FDR Drive at 125th Street) to the 23rd Street exit (right exit). Proceed to 2nd Avenue and make a left onto 17th Street.

From Central and Southern New Jersey:

Via the Lincoln Tunnel, turn left onto 42nd Street and 9th Avenue and proceed crosstown (east) to 2nd Avenue. Turn right onto 2nd Avenue and proceed to 17th Street.

Via the Holland Tunnel, proceed crosstown (east) on Canal Street to FDR Drive north (uptown). Take the FDR Drive north (uptown) to 23rd Street (left exit). Proceed left to 2nd Avenue and make a left onto 17th Street.

Via Interstate 95, enter Manhattan via the Lincoln Tunnel. Turn left onto 42nd Street and 9th Avenue. Proceed crosstown (east) to Second Avenue. Turn right onto Second Avenue and proceed to 17th Street.

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