



ESSEX & OPTIMA

16 Pelham Road, Suite 1  
Salem, NH 03079  
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## Directions to Essex Orthopaedics & Optima Sports Medicine

### From The South:

- Take Route 93 North to Exit 2 (Salem/Pelham)
- At the end of the ramp (light) turn LEFT onto PELHAM ROAD.
- Travel WEST on Pelham Road approximately 300 yards, under the highway overpass. We are the first large building on the RIGHT – the driveway is just past the building. We share the building with The Workout Club of Salem.
- The front entrance is on the west side of the building. Essex & Optima is located on the second floor. Use the elevator.

### From The North:

- Take Route 93 South to Exit 2 (Salem/Pelham)
- At end of ramp (light) turn LEFT onto PELHAM ROAD
- Travel WEST on Pelham Road approximately 50 yards. We are the first large building on the RIGHT – the driveway is just past the building. We share the building with The Workout Club of Salem.
- The front entrance is on the west side of the building. Essex & Optima is located on the second floor. Use the elevator.

### MAP:

