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Sports Medicine
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Spine and Neck
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DIRECTIONS TO THE EAST BRUNSWICK OFFICE

TRAVELING FROM NORTH

Via the Turnpike: Take Exit 9. After toll, bear left onto Route 18 South (South River/East Brunswick). Travel on Route 18 for approximately 3 miles. Then follow directions for “Via Route 18” in “Traveling from the North” section

Via Route 18: Exit Route 18 at the Cranbury (535 S) turnoff. Do NOT continue on Route 18 South following the top of the sign, which reads “Cranbury Road/South River.” This exit will put you on Cranbury Road (535S) further north. You will travel on Cranbury Road for approximately 1.9 miles. When you pass St. Mary’s Cemetery, bear left. After passing through the light at Ryders Lane, stay in the right-hand lane. Pass through the Rues Lane intersection; the next light is Henley Drive (PNC Bank is on your right). Make a quick right into the first driveway after this light (our building has a green roof). If you miss the driveway, turn into the building’s second entrance.

TRAVELING FROM THE SOUTH

Via the Turnpike: Take Exit 8A. After toll, bear right toward Cranbury/South Brunswick. At end of exit, stay right to traffic light and make right onto Cranbury Road (535 N). Travel Cranbury Road for approximately 5 miles. After you pass the light at Cornwall/Lexington (Bank of America is on your left), make a right turn onto Congress Ave. When Congress ends, make a left onto Village Drive. At the end of Village Drive, make a left onto Henley Drive. At the light, make a left and a very quick right into the first driveway (our building has a green roof). If you miss the driveway, turn into the building’s second entrance.

Via Route 18: Take the turn-off ramp for Rues Lane and stay in the left lane. As you cross over Route 18, Olive Garden is on the right. You will drive for 2 miles on Rues Lane/Ryders Lane. Go through the intersection of Route 618/Summerhill Road (7-11 is on the left). Rues Lane becomes Ryders Lane. Go through the light at Winton Road. At the next light, turn left onto Cranbury Road. Stay in the right lane. Pass through one light. After you pass through the second light at Henley Drive (PNC Bank is on your right), make a quick right into the first driveway after the light (our building has a green roof). If you miss the driveway, turn into the building’s second entrance.

Traveling from Route 1 North or South Take Ryders Lane exit. Travel on Ryders Lane until you come to Cranbury Road (approx. 4.2 miles). Make a right turn onto Cranbury Road. Pass through the traffic light at Rues Lane. After passing through the second traffic light (Henley Drive; PNC Bank on right), make a quick right into first driveway after the light (our building has a green roof). If you miss the driveway, turn into the building’s second entrance.