



**M O V E M E N T
S Y S T E M S**
Physical Therapy, P.S.
(206) 405-1864 (206) 405-4376 fax



3221 Eastlake Avenue East, Suite 110, 98102

LANDMARKS

MSPT is located in a mixed-use building called *The Eastlake*. It is a triangular red/brown building located just south of the University Bridge on Eastlake Avenue in Seattle. *Romio's Pizza* and *The Flower Lady* are directly across the street. *Lake Union Café* is due south of the building.

DIRECTIONS

From the North: Go south on I-5 and take the Roanoke/Boylston exit. Turn right at the light on Roanoke, go two blocks to Eastlake Ave. and make a right again. Go 0.5 miles and enter the parking lot through the driveway marked as a self park lot. It is just past Lake Union Café. There is a **blue and white sign** at the north end of the driveway stating, *Movement Systems Physical Therapy and Lewis Chiropractic Parking*. Pull into this lot and drive north until you reach the parking lot behind our building. Park at the spots marked *2 hour parking*. If you pass this driveway, do not pull into the next driveway immediately south of the building as this is an **exit only** for northbound traffic. If you pass the building, turn left at traffic light at Fuhrman Ave., take the second left and traverse thru the rowing center's parking lot until you cross over the speed bump into our lot.

OR

Go south on Roosevelt Way. We are the brown building immediately south of the University Bridge. The driveway to the parking lot is immediately south of the point of the building. It is marked with a **blue and white sign** stating *Movement Systems Physical Therapy and Lewis Chiropractic Parking*.

From the South: Go north on I-5 and take the Lakeview exit on your right. Turn left at the stop sign. Go under an overpass (Lakeview now turns into Boylston) and head to your second traffic light, which is Roanoke. Turn left, go two blocks to Eastlake Ave. and make a right. Go 0.5 miles and enter the parking lot through the driveway marked as a self park lot. It is just past Lake Union Café. There is a **blue and white sign** at the north end of the driveway stating, *Movement Systems Physical Therapy and Lewis Chiropractic Parking*. If you pass this driveway, do not pull into the next driveway immediately south of the building as this is an **exit only** for northbound traffic. If you pass the building, turn left at traffic light at Fuhrman Ave., take the second left and traverse thru the rowing center's parking lot until you cross over the speed bump into our lot.

From the East: Go west on 520 and take the Roanoke exit. Continue through the traffic light on Harvard Ave. At the bottom of the hill turn right on Eastlake Ave. and take the first left on Fuhrman Ave. Take the second left and traverse thru the rowing center's parking lot until you cross over the speed bump into our lot.

PUBLIC TRANSPORTATION

Metro Buses # 70, 71, 72 and 73 stop on Eastlake Ave. East. Please note that Express busses may not stop at Eastlake. Busses # 71, 72 and 73 only stop when # 70 does not. The # 66 stops several blocks away on Eastlake, at Harvard St. or at Lynn St. For more information on traveling via Metro Bus, visit <http://transit.metrokc.gov/bus/bus.html> or call Metro Rider Information Office at (206) 553-3000 or Bus Time at (206) 287-8463.

PARKING

We have ample short-term parking spaces at the south end of the building. Park in the spots marked *2 hour parking*. Our main entrance is on Eastlake Avenue. From the parking lot, simply walk around the south end of the building. Head north on Eastlake until you reach the entrance marked **3221**, just in front of our sign. We are in **Suite 110** directly down the hall on the right. Looking forward to seeing you there!

Note: As with all unguarded parking, you are advised to **lock your car and keep all valuables out of sight**. We are not held responsible for lost or stolen articles.