



Centers for
Orthopaedics
Experience in Motion

Directions to OA Windham Office

4A Commons Avenue • Route 302 • Heritage Village

Telephone: (207) 893-1738

From Portland or I-295: Take Exit 6B, Forest Ave. Follow Route 302 West; go through the Rotary and continue on Route 302 for 2 miles and turn right onto Commons Avenue. Our office is the first building as you enter the office park. Parking and entrance are in the front of the building. The Windham Office is approximately 16.4 miles west of Portland.

From North Windham: Take Route 302 East; continue 0.8 miles beyond Route 115/35 intersection and turn left onto Commons Avenue. Our office is located at 4A Commons Avenue, the first building as you enter the office park. Parking and entrance are in the front of the building.

From Exit 63 (Maine Turnpike): Turn left onto Routes 202 West and 4 South. Continue for approximately 7.2 miles to the junction of Rt. 302 at the Windham Rotary. Go through the rotary and take Rt. 302 West approximately 2 miles. Turn right onto Commons Avenue. Our office is located at 4A Commons Avenue, the first building as you enter the office park. Parking and entrance are in the front of the building.

From Exit 48 (Maine Turnpike): Turn right at the lights after the toll onto Riverside St. Continue for approximately 1.5 miles and turn left onto Rt. 302 West. Follow Route 302 West and continue for approximately 8.1 miles to the Windham Rotary. Go through the Rotary and continue on Route 302 for 2 miles and turn right onto Commons Avenue. Our office is located at 4A Commons Avenue, the first building as you enter the office park. Parking and entrance are in the front of the building.

