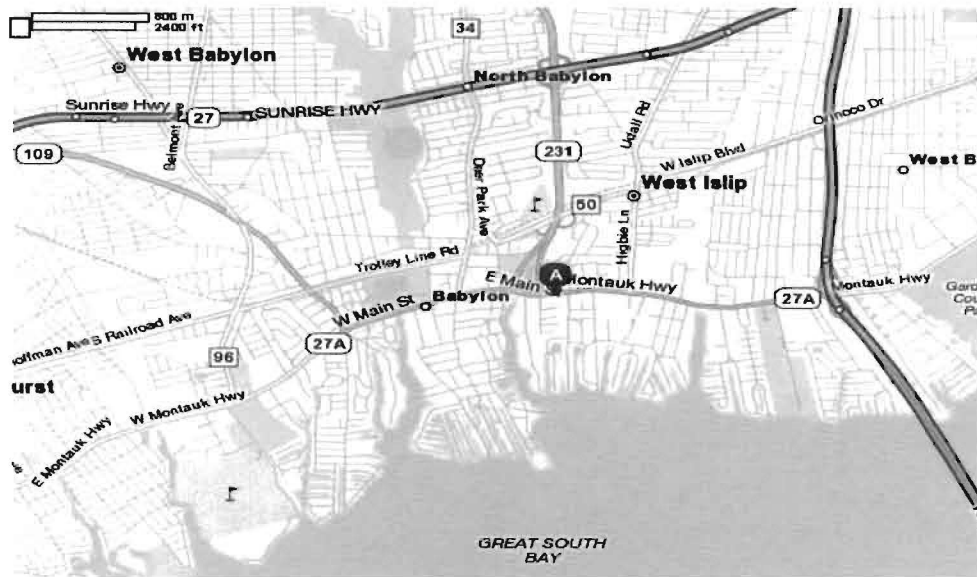


Long Island Spine Specialists, P.C.

400 Montauk Highway, Suite 102

West Islip, NY 11795: 462-2225



Directions: from points East and West

From Sunrise Highway

1. Take Exit 40 toward Route-231/Babylon/ Northport
2. Stay Straight on Sunrise Highway
3. Take the NY 231 South ramp toward Babylon.
4. Merge onto Route 231, South/Babylon-Northport Expressway.
5. Keep Left at the fork to continue on Route-231 South, Babylon-Northport Expressway
6. Turn left onto Route-27A East/ East Main Street/Montauk Highway. Continue to follow Route 27-A, East: **400 Montauk Highway is on the Right.**

From Long Island Expressway:

1. Exit 53 S. – Sagtikos Parkway, South.
2. SAGTIKOS PARKWAY South. Stay right and turns into *Southern State Parkway, West.*
3. Take Exit 40 for Robert Moses State Parkway, South, toward Ocean Beaches.
4. Take Exit RMIW to Sunrise Highway, 27 West.
5. Take Sunrise Highway to Route 231, South
6. Take Route 231 South to the end and make a left onto 27 A.
7. Office is approximately ¼ mile on the right.

We are just past Deforest Avenue. If you reach Parkwood Road, you've gone a little too far.