

Pain Management Services

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Driving Directions to Amsterdam Office:

- **From Albany (And North of Albany):** Take I-90W towards Buffalo (tolls apply). Take Exit # 27 Amsterdam onto Route 30. At light, turn right and continue down Route 30, stay in right hand lane. Go over the bridge and through 1 red light. At next red light, turn right into Riverfront Center Parking lot (also shared with True Value). Our office is the 2nd office on the left when entering the Mall.

- **From Schenectady:** Take I-890W towards Amsterdam. Take Exit# 1B/NYS Thruway onto I-90 W towards Buffalo. Take Exit#27 Amsterdam onto Route 30. At light, turn right and continue down Route 30, stay in right hand lane. Go over the bridge and through 1 red light. At next red light, turn right into Riverfront Center Parking lot (also shared with True Value). Our office is the 2nd office on the left when entering the Mall.

- **From Gloversville:** Take Route 29, after 4.5 miles turn Right onto Route 30. Follow Route 30 as it becomes Market St./Pearl St. Merge Left onto Route 5E, bear and slightly turn Left under the bridge, follow toward East Washington St. Turn immediately Left on Liberty St. around the mall building. Turn left at the True Value Store and park around the North entrance of the mall. Our office is the 2nd office on the left when entering the Mall.

- **From Johnstown:** Take Route 67 SE, turn Left as Route 67 merges with Route 5E at Fort Johnston until you come under the bridge. Bear and slightly turn Left towards east Washington St. Turn immediately Left on Liberty St. around the mall building. Turn left at the True Value Store and park around the North entrance of the mall. Our office is the 2nd office on the left when entering the Mall.

