



Directions to The Balance & Eye Movement Lab

Strong Memorial Hospital

601 Elmwood Avenue, Rochester, NY 14642

From Syracuse and the East:

- NYS Thruway (I-90) to Exit 46
- I-390 North to Exit 16 (W. Henrietta Rd.)
- Right on W. Henrietta Rd. (Rte. 15)
- Left on Elmwood Ave.
- Entrance to parking garage (Thomas Jackson Drive) is on left

From Buffalo and the West:

- NYS Thruway (I-90) to Exit 47
- I-490 East to I-390 South
- Exit 16A (E. River Rd.)
- Right on East River Rd.
- Right on Kendrick Rd.
- Right on Crittenden Blvd.
- Entrance to parking garage (East Drive entrance) is on left

From the East/Northeast:

- 104 West to I-590 South
- Merge onto 390 North
- Exit 16 (W. Henrietta Rd.)
- Right on W. Henrietta Rd. (Rte. 15)
- Left on Elmwood Ave.
- Entrance to parking garage (Thomas Jackson Drive) is on left

From the West/Northwest:

- I-390 South to Exit 17 (Scottsville Rd./NY-383)
- Left on Scottsville Rd. (383 North) (Scottsville Rd. changes to Elmwood Ave. at Genesee St.)
- Continue onto Elmwood Ave.
- Entrance to parking garage (Thomas Jackson Drive) is on right

From the South:

- I-390 North to Exit 16 (W. Henrietta Rd.)
- Right on W. Henrietta Rd. (Rte. 15)
- Left on Elmwood Ave.
- Entrance to parking garage (Thomas Jackson Drive) is on left

The Balance Laboratory

First Floor, Room 1-5148

- After parking, go to the Main Lobby on the First Floor.
- *The distance between the Main Lobby and Dr. Paige's Office (Balance Laboratory) is approximately one city block. If you have mobility issues, you can request assistance at the information desk in the Main Lobby. The attendants at the information desk offer free golf cart rides and wheelchair transportation to Dr. Paige's waiting room.*
- Follow the orange ceiling tags that lead to the orange elevators.
- Turn left at the orange elevator sign and proceed to the Balance Laboratory waiting room (Room 1-5148) which is in the carpeted area (first door on the left).

Please have a seat and your technician will be with you shortly.

You will not be checked in at the window – the technician will greet and check you in when she arrives.

Please call (585) 275-6395 if you need assistance.