



David (Dahveed) Gross PT

Physical Therapist, Structural Medicine Specialist

Wallingford Workspace

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Directions to my office

Despite my North 45th Street address, my building is not on North 45th Street. Getting to my office is fairly easy, but the first time can be confusing because of the address. The building that my office is in is called the **Wallingford Workspace**.

There is easy access to 45th Street via I-5. If you are travelling **north on I-5** (i.e heading north from downtown Seattle), get off at exit 169, Northeast 45th Street, make a left on NE 45th and go straight to Sunnyside Ave N (about 10 blocks). If you are travelling **south on I-5**, get off at exit 169, Northeast 45th Street, and make a right turn onto NE 45th St and go straight to Sunnyside Ave N. At some point, NE 45th Street turns into N. 45th Street. At Sunnyside Ave make a left turn.

My building is actually two buildings south of North 45th Street. Cross street and **access to my building is Sunnyside Ave North.** There is a twin building to my building on the southwest corner of North 45th Street and Sunnyside Ave North. Going south, there is a courtyard and then, south again, my building and then, south again, regular residential houses. **Elevator to the 3rd floor is halfway down the courtyard.** Press the button for 3 (*not* 3R). Door to the stairs is on the left at the start of the stairs to the courtyard.

Come right up to the 3rd floor (no need to wait in the waiting room on the 1st floor). There is a bench outside my office on which there will be a clipboard with forms to fill out. **Please come 10 minutes early to fill out the forms.** Also, **allow an extra 5 or 10 minutes to find parking.**

If you have an 8:30 AM appointment and are here early, the door to the stairs and the elevator may be locked. If this happens, please come in the door to the immediate left of the elevator that is marked “waiting room” and go out the door on the other side of the waiting room. After you go out this door, if you make two quick right turns, you will find the elevator—which will work from the inside hall—and you can come up to the 3rd floor (press 3, *not* 3R). *Or*, you can make a left turn out the waiting room door, go toward the end of the hall (toward east or toward the sun) and you can come up the stairs. And, if you are lost, you can just give me a telephone call and I can come get you.

On my door there will be a sign. If it says, “in session,” it means *please do not disturb*. If it says, “please knock,” it means *please knock*. My clients are typically in their underwear—bra and underwear for women and just underwear for men—no thongs, athletic bras and no boxer shorts, please. Also, underwear should be loose enough to allow access to the front, back, and side of the hip. Loose athletic shorts are always an option.