



## WELCOME TO TRUE PERFORMANCE PT

**ADDRESS**

39 Simon Street Nashua, NH 03060  
Unit 6 in North Crest Executive Park

**HOURS**

Monday - Friday | 9 AM - 7 PM  
Wednesday | 9 AM - 4 PM  
Saturday - Sunday | CLOSED

**EMAIL**

[sean@TruePerformancePT.com](mailto:sean@TruePerformancePT.com)  
[stephanie@TruePerformancePT.com](mailto:stephanie@TruePerformancePT.com)

**PHONE**

[\(603\) 417 - 3976](tel:(603)417-3976)

**FAX**

[\(603\) 589 - 1211](tel:(603)589-1211)

***Coming from Route 3 North:***

When on Route 3 North, take Exit 5 for NH-111 toward Nashua / Pepperell Ma. This is a two-lane exit, stay in the left lane to pass by Exits 5E and 5W. Take Exit 5A for Simon Street. When getting off the ramp, take a left at the stop sign to get onto Simon Street. When the road curves, there will be a hill to your right and look for the North Crest Executive Park sign with the entrance on your side right.

***Coming from Route 3 South:***

When on Route 3 South, you will need to loop around. Take Exit 5 for NH-111 toward Nashua / Pepperell Ma. Then immediately take Exit 5E, which is NH-111 East onto West Hollis Street. Stay in that lane, since immediately afterwards you will take the next on ramp for Route 3 North. Go pass by 5W and take Exit 5A for Simon Street. When getting off the ramp, take a left at the stop sign to get onto Simon Street. When the road curves, there will be a hill to your right and look for the North Crest Executive Park sign with the entrance on your side right.



**Preparing for Your Initial Evaluation:**

1. Log into “Jane” Patient Portal
2. Fill out your Intake Form prior to your session
3. Wear or bring comfortable loose clothing to expose the area(s) of concern
4. Send a copy of any imaging reports via to your provider directly (emails listed below)
  - Or have your doctor’s office send results over to our fax at (603) 589 – 1211
5. Bring a form of payment for your session (cash, FSA/HSA cards, & most credit cards accepted)

If you have any questions, please feel free to email us anytime. We would be happy to help prior to your appointment. We look forward to seeing you soon!

Sincerely,

**Stephanie Dimino & Sean Jordan**  
*True Performance Physical Therapy*



**Dr. Stephanie (Braceland) Dimino PT, DPT**  
**EMAIL | [stephanie@trueperformancept.com](mailto:stephanie@trueperformancept.com)**  
*CLINIC MANAGER & PHYSICAL THERAPIST*  
&  
**Dr. Sean M Jordan PT, DPT, ATC, CSCS**  
**EMAIL | [sean@trueperformancept.com](mailto:sean@trueperformancept.com)**  
*OWNER & PHYSICAL THERAPIST*