



*- Welcome to True Performance -*



### Preparing for Your Initial Appointment

1. Sign into the "Jane" Patient Portal & Save Username/Password
2. Fill out your Intake Form
3. Wear comfortable loose clothing
4. Email or fax a PDF copy of any imaging reports
5. Bring a form of payment (cash, FSA/HSA cards, & credit card)

#### **ADDRESS**

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

*Please email a copy of any documents to your provider directly:*

Dr. Sean Jordan = [Sean@TruePerformancePT.com](mailto:Sean@TruePerformancePT.com)

Dr. Stephanie Dimino = [Stephanie@TruePerformancePT.com](mailto:Stephanie@TruePerformancePT.com)

#### **PHONE**

(603) 417 – 3976

#### **FAX**

(603) 589 – 1211

#### **WEBSITE**

[www.TruePerformancePT.com](http://www.TruePerformancePT.com)



## *- Directions -*



### ***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.