

**Orthopaedic
Sports
Medicine**

Clinic of Alabama

200 Montgomery Highway, Suite 200
Birmingham, Alabama 35216
(205)822-9595

Directions from Birmingham Municipal Airport, Gadsden, Chattanooga, or Atlanta. (On I-20 West or I-59 South)

- Take I-59 South to exit 126A and follow the signs for Red Mountain Expressway - Highway 31/280 east.
- Continue on US 31 South 5.3 miles.
- Orthopaedic Sports Medicine Clinic of Alabama will be the first building on right after the light at Shades Crest.

Directions from Montgomery (On I-65 North)

- From I-65 North, bear right onto off ramp at exit 252 to US 31 N, (Montgomery highway)
- Travel 3.2 miles on North 31
- Orthopaedic Sports Medicine Clinic of Alabama will be on your left shortly after passing the Vestavia fire station on your right.

Directions from Tuscaloosa (On I-59)

- Travel on I-59 North until the junction of I-59 and I-459. Exit 106. Bear right
- Continue on 459 for 14.5 miles until junction of 459 and I-75 North
- Take I-65 North until exit 252 (US 31, Montgomery Highway)
- Bear right onto US 31, Montgomery Highway
- Take US 31 5.3 miles
- Orthopaedic Sports Medicine Clinic of Alabama will be on your left before you reach Brookwood Medical Center

Directions from Nashville/Huntsville (On I-65 South)

- Take I-65 South towards Birmingham
- Take exit 252 (US 31, Montgomery Highway) off I-65
- Turn left at light onto US 31, Montgomery Highway
- Take US 31 5.3 miles
- Orthopaedic Sports Medicine Clinic of Alabama will be on your left before you reach Brookwood Medical Center

Directions from Highway 280

- Take Highway 280 North towards downtown Birmingham
- Bear right off of 280 onto Al-149 (Lakeshore Parkway)
- Turn left at light onto Lakeshore Parkway
- Travel 1.2 miles until US 31, Montgomery Highway
- Turn left after going under US 31 onto the on ramp
- Bear right onto US 31
- Travel 1.1 miles south on US 31
- Take US 31 5.3 miles
- Orthopaedic Sports Medicine Clinic of Alabama is just over the hill on the right past Brookwood Medical Center