



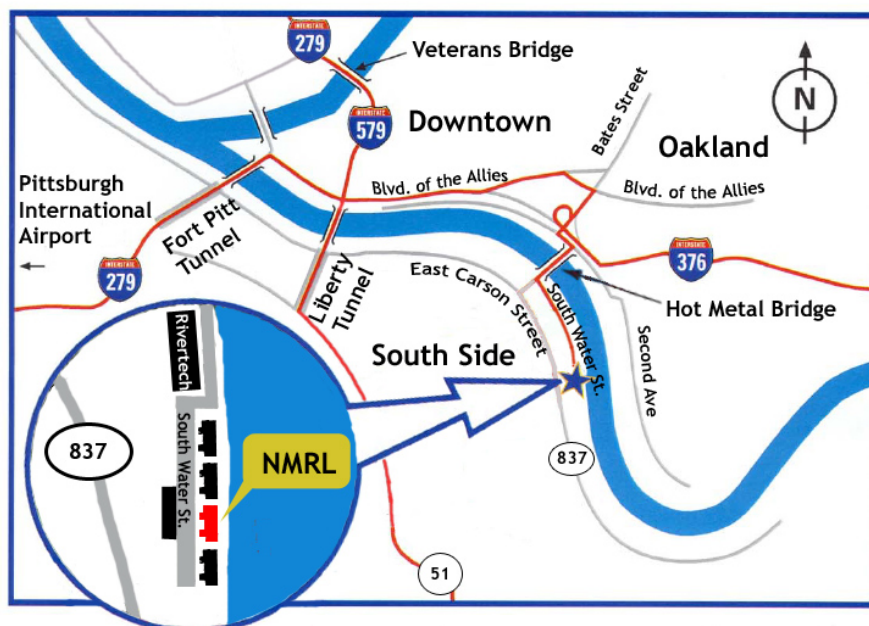
University of Pittsburgh

School of Health and Rehabilitation Sciences

Department of Sports Medicine and Nutrition

Neuromuscular Research Laboratory

Neuromuscular Research Lab
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Pittsburgh, PA 15203
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Directions from the north (I-279):

Take I-279 south, crossing the Veterans Bridge (I-579). Follow the Oakland exit to the Boulevard of the Allies. Take the Boulevard of the Allies through Oakland to Bates Street (third traffic light) and turn right. Turn left at Second Avenue. Turn right onto the Hot Metal Bridge. At the end of the bridge, turn left onto South Water Street. Drive to the end of South Water Street until you enter Rivertech Office Works. The NMRL is the third red building on the left (3830 South Water Street).

Directions from the south (Route 51):

Take Route 51 north to Liberty Tunnel. Turn right into Liberty Tunnel and go across Liberty Bridge. Turn right onto Boulevard of the Allies. Take the Boulevard of the Allies through Oakland to Bates Street (third traffic light) and turn right. Turn left at Second Avenue. Turn right onto the Hot Metal Bridge. At the end of the bridge, turn left onto South Water Street. Drive to the end of South Water Street until you enter Rivertech Office Works. The NMRL is the third red building on the left (3830 South Water Street).

Directions from the east (I-376):

Take I-376 west to Exit 7B, Glenwood. Turn right onto Bates Street. At Second Avenue (first traffic light), turn left. Turn right onto the Hot Metal Bridge. At the end of the bridge, turn left onto South Water Street. Drive to the end of South Water Street until you enter Rivertech Office Works. The NMRL is the third red building on the left (3830 South Water Street).

Directions from the west (I-279):

From I-279, proceed through the Fort Pitt Tunnel, crossing the Fort Pitt Bridge. Take Exit 6A, Monroeville (I-376E). Follow I-376E for one-third a mile and take Exit 1C, Grant Street. Follow Grant Street for 50 yards and turn right onto Boulevard of the Allies. Take the Boulevard of the Allies through Oakland to Bates Street (third traffic light) and turn right. Turn left at Second Avenue. Turn right onto the Hot Metal Bridge. At the end of the bridge, turn left onto South Water Street. Drive to the end of South Water Street until you enter Rivertech Office Works. The NMRL is the third red building on the left (3830 South Water Street).