



Directions to Spectrum Orthopaedics Windham Office

Address: 4A Commons Avenue, Route 302 Phone: 207.828.2100

From Portland: On I-295 North take exit 6B, Forest Ave. Follow Route 302 West; go through the rotary. Continue on Route 302 for 2 miles and turn right onto Commons Avenue. Our office is in the first building on the left.

From North Windham: Take Route 302 East; continue 0.8 miles beyond Route 115/35 intersection and turn left onto Commons Avenue. Our office is located at 4A Commons Avenue, the first building as you enter the office park.

From Exit 63 Maine Turnpike: Turn left onto Routes 115/202 West and 4 South. Continue for approximately 6 miles to the intersection of Routes 115 and 302. Turn left onto Route 302 and travel approximately 0.8 miles. Turn left onto Commons Avenue. Our office is located at 4A Commons Avenue, the first building as you enter the office park.

