

Directions to Rehabilitation Medicine

92 Campus Drive, 1st Floor, Scarborough, ME
Phone: 207-885-0011 • Fax: 207-661-4501

From the North:

- Take I-295 South to Exit 2 for Scarborough/Old Orchard.
- Proceed 2 miles to the end of the Scarborough Connector, where the road joins Route One.
- At the first traffic light, turn left. (Maine Medical Center's Scarborough Campus will be on your left.)
- Turn left again onto Campus Drive.
- Proceed through Campus Drive passing by the parking lot for 100 Campus Drive. When you reach the stop sign, turn right and proceed to the parking lot for 92 Campus Drive.

From the South on the Maine Turnpike:

- Take I-95 North to Exit 45.
- After the toll booth, continue for 0.9 miles to the fourth exit, Scarborough/Old Orchard.
- Continue 1.8 miles to the end of the Scarborough Connector, where the road joins Route One.
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Public Transportation:

- The Transit bus Green Line runs service daily from Saco, Scarborough, South Portland and Portland, with stops at Campus Drive. To learn more, visit bsoobtransit.org/schedules.

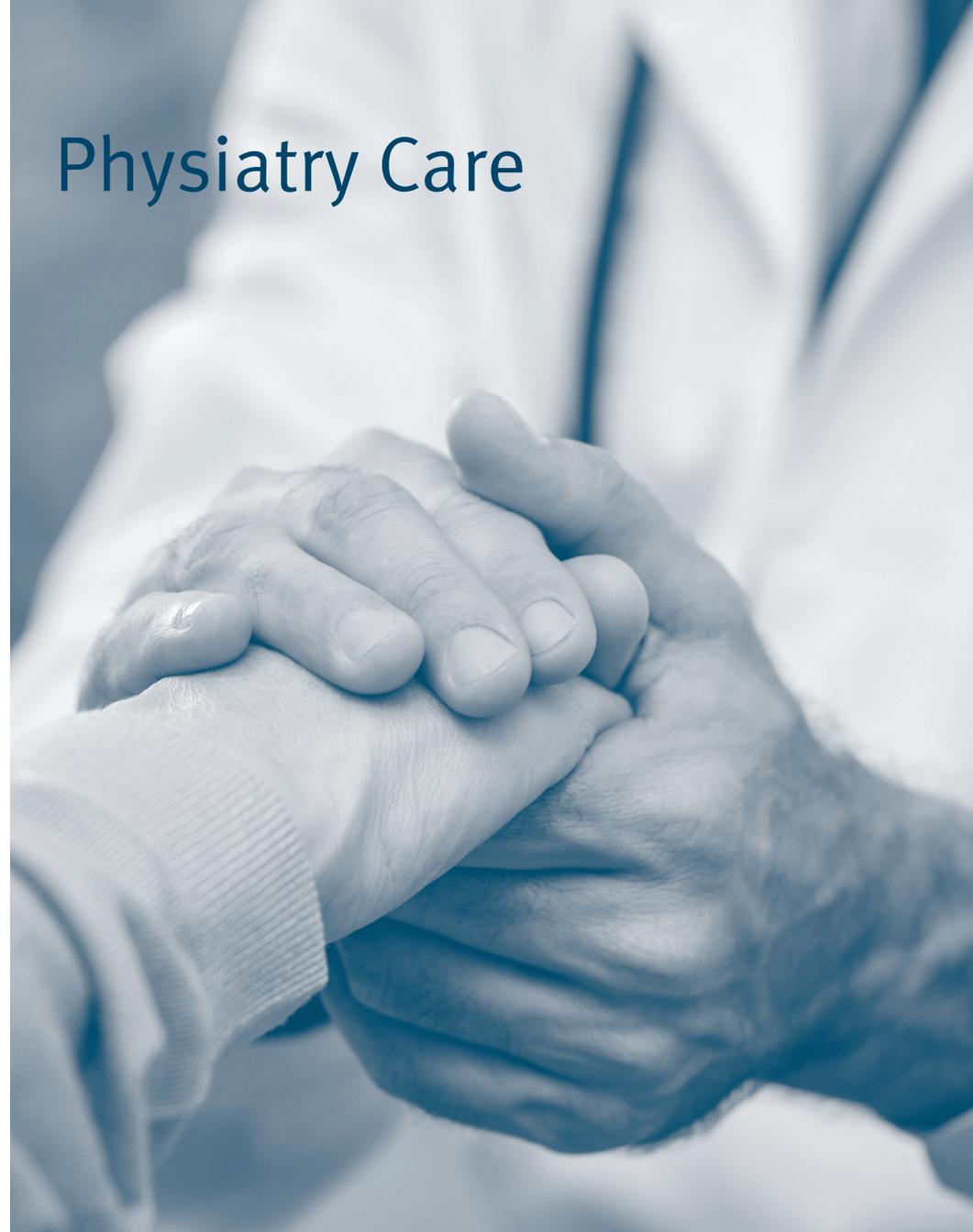
Please plan to arrive 15 minutes earlier than your scheduled appointment time.

Maine Medical Partners – Neurosurgery & Spine

☎ 207-885-0011

mainemedicalpartners.org

Physiatry Care



Maine Medical
PARTNERS
Neurosurgery & Spine

A department of Maine Medical Center

What is a Physiatrist?

A Physiatrist is a physician who has completed special training in physical medicine and rehabilitation to treat patients with disabling injuries or illnesses.

A Physiatrist looks at the patient as a whole, not just their illness or injury. They help by focusing on improving areas of function while maximizing recovery and the highest quality of life possible. Essentially, Physiatrists are doctors of function and quality of life.

What conditions does a Physiatrist treat?

A Physiatrist provides treatment for medical conditions that affect the brain, spinal cord, nerves, spine, joints, and muscles. Some examples may include:

- Traumatic brain injury
- Spinal cord injury
- Stroke
- Spasticity (a muscle control disorder)
- Multiple sclerosis
- Neck and Back pain
- Amputation
- Parkinson's disease
- Other neurologic and muscular conditions

A Physiatrist will:

- Identify your goals for recovery
- Identify goals for therapy
- Monitor for medical complications during recovery
- Provide treatment and coordinate with therapists to maximize your outcome

Who does a Physiatrist work with?

The Physiatrist will work with your primary care physician, physical, occupational, and speech therapists, and other specialty physicians. Physiatrists pride themselves on maintaining excellent communication with the team members to ensure you achieve the best outcome.

What should I expect during my first visit?

During your first visit, the Physiatrist will perform a comprehensive evaluation of your medical history and discuss which areas of function are most difficult. They will discuss any therapy or treatment the patient you have or are currently receiving and then recommend a plan of care that leads to maximizing your recovery of function and quality of life.

During future visits, the Physiatrist will evaluate your progress, modify therapy and medications as needed to help you accomplish your goals and to achieve the best outcome.

How do I make an appointment with a Physiatrist?

Please call 207-885-0011 to request an appointment. If you are not able to come for your visit, please call and cancel at least 24 hours before the appointment. This will allow time for the doctor to care for other patients.

What should I bring to my first visit?

To get the most out of your time with the doctor, please bring:

- All completed paperwork that was mailed home before the visit
- A list of current medications
- Any notes from therapy services (notes may also be faxed to: 207-661-4501)
- Any braces or walking aides that you currently use, or have used in the past
- A list of questions to ask the doctor
- AND don't forget your family. Many patients find it helpful to bring a close friend or family member with them as they are important to your recovery as well.

Meet our Providers



Benjamin Branch, DO
Board Certified in
Physical Medicine &
Rehabilitation
Joined Maine Medical
Partners in 2011



Bram Newman, MD
Board Certified in
Physical Medicine &
Rehabilitation and
Sports Medicine
Joined Maine Medical
Partners in 2020



Stephanie Chan, MD
Board Certified in
Physical Medicine &
Rehabilitation
Joined Maine Medical
Partners in 2020



Thomas Savadove, MD
Board Certified in
Physical Medicine &
Rehabilitation
Joined Maine Medical
Partners in 2013

We look forward to meeting you and partnering with you on your road to recovery.