

San Diego Sports Medicine Directions

858-793-7860, Fax 858-436-1289

Office Hours: Monday through Friday, 8:30-5 Saturday Hours, 9-Noon

Book on-line @ www.AlternativeEdge.net

4010 Sorrento Valley Blvd, Ste 300, San Diego, CA 92121

Directions from north:

Take 5 South to 56 Bypass
Exit Carmel Mountain Road, turn left
Turn right onto Vista Sorrento Parkway
Turn left onto Sorrento Valley Blvd.

Directions from south:

Take 805 north to Sorrento Valley Road exit
Turn left on Vista Sorrento Parkway
Turn right on Sorrento Valley Blvd.

Directions from Mira Mesa:

Take Mira Mesa Blvd. west
Turn right onto Vista Sorrento Parkway
Turn right onto Sorrento Valley Parkway

Directions from La Jolla

Take 5 north to Sorrento Valley Rd. exit
Turn left onto Roselle
Turn right onto Sorrento Valley Blvd.