

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

## Astoria

**Address:** 31-35 31st St., Astoria, NY 11106

**Phone:** (800) 949-6100

**Email:** contact@painandinjury.com

**Business Hours:**

Monday-Friday: 8:00AM -7:30PM

Saturday: 9:00AM - 12:30PM

**Practice Specialties:**

Physical Medicine & Rehabilitation

Physical Therapy

Diagnostic Testing

## Get Ready for your Appointment!

**Arrive Early:**

Please come 15 minutes before your appointment to ensure everything runs smoothly.

**Bring Your Essentials:**

Remember your insurance card, ID, and any referral forms or medical records.

**Prepare Your Questions:**

Jot down any questions you might have for the doctor, so we can provide the ultimate experience.

**Health Updates:**

Let us know about any recent changes in your health.

**Diagnostic Results & Claims:**

If your visit involves car or work-related injuries, bring any diagnostic results and insurance claim information.

*Our dedicated team is here to support you.  
Get in touch with us!*

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