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Feature of the Month: MSC designs new site for Atlantic Orthopaedics & Sports Medicine at 1900 Lafayette Road

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The final vacant lot along Lafayette Rd. (U.S. Rte. 1) in Portsmouth's office/residential zoning district will soon be home to Atlantic Orthopaedics & Sports Medicine's new facility. MSC a division of TFMoran, Inc., recently received planning board approval for two new office buildings. Construction will soon be underway at 1900 Lafayette Rd. in Portsmouth, as breaking ground is scheduled for April.

Atlantic Orthopaedics & Sports Medicine, currently located at 150 Rte. 1 Bypass, will be occupying the new office building closest to Lafayette Rd. After considering an expansion to their existing location, Atlantic Orthopaedics & Sports Medicine ultimately decided that a new facility would better fit their needs to continue providing quality services to their patients. A group of board certified physicians affiliated with Portsmouth Regional Hospital and York Hospital, Atlantic Orthopaedics & Sports Medicine provides care from fractures to total joint replacements with comprehensive orthopaedic care and physical and occupational therapy. With this new facility, Atlantic Orthopaedics & Sports Medicine hopes to continue to provide quality service with an expanded area for on-site state-of-the-art physical therapy.

Implementing a philosophy of caring for a patient's entire well-being, Atlantic Orthopaedics & Sports Medicine uses "a combination of skill, compassion, community outreach and the latest advancements in orthopaedic medicine" to return patients to their "optimal functioning level," according to the company's website. A recent addition to the services at Atlantic Orthopaedics & Sports Medicine at the current location includes a Magnetic Resonance Imaging (MRI) system that allows a less expensive option compared to area hospitals. This partnership with Shields MRI will continue at the new location in the form of a mobile MRI coach, which will later expand to a 2,000 s/f building addition dedicated to the MRI process.

"The project required a lengthy and challenging permitting process, as details related to stormwater drainage and the complete build-out of a service road connecting local businesses were vital components of the project," said John Lorden, PE, MSC's senior project manager. "Ultimately, stormwater drainage was allowed to connect to existing municipal storm drainage via a proposed service road. This connection of the service road located within the Lafayette West Industrial Park will provide additional access to local roads and nearby businesses. The complete build-out of the service road was part of a long-term plan envisioned since the property was subdivided in 1983, when an easement was established allowing access and use to all abutting parcels. The service road will improve access to all parcels along the service road, provide more direct access to Portsmouth Regional Hospital for doctors and patients, and also alleviate some traffic on the heavily traveled corridor," continued Lorden.

An additional complication of the site included prior stripping of existing gravels on the site and the

uncontrolled, varying fill of construction material that was brought in many years ago. John Turner Consulting was brought in to provide geotechnical expertise in order to determine the best, most cost-effective measures to remove a portion of substandard fill and move forward with solution of geofabrics, compaction, screening and additional controlled fill to support the parking areas, and also provided foundation design recommendations.

"We have delivered care in our current facility for over 28 years," said a spokesperson for Atlantic Orthopaedics & Sports Medicine. "We are elated to be growing our practice and it has been one of our long term plans to find a suitable location to build our new facility. Expanding our facility will better accommodate the population in which we serve. We are proud to have the longest standing record of time in providing for the orthopaedic needs in the community. Our new practice will include a procedure room among other state of the art amenities we currently offer, such as digital x-ray, therapy services, and MRI scanning. We look forward to breaking ground in April, once all the snow has melted from our lovely New England winter!"

Construction for the project is scheduled to occur in two phases. Phase One includes the completion of the 2-story, 21,000 s/f medical office building for Atlantic Orthopaedics & Sports Medicine. Included in Phase One is a driveway accessing Lafayette Road and the rear service road that accesses the Lafayette West Industrial Park. Also included in Phase One is the bulk of pavement, utilities, landscaping, site lighting and a comprehensive drainage plan that includes rain gardens, infiltration basins and subsurface storage/infiltration chambers. Phase Two of the project will include the construction of a 2-story, 20,000 s/f office building towards the rear portion of the lot, near the entrance of the service road.

BBL Medical Facilities and HCP Architects of Albany, N.Y. are constructing the facility via a design-build delivery system. They have worked closely with the client since the initial stages of the overall vision.

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