



OUT-OF-TOWN PATIENT
WELCOME PACKET



Welcome!

We're excited about the opportunity to work with you and we appreciate the miles you have traveled to work with us.

We want to make sure you feel comfortable with the process and how we work, so here's a typical schedule of a fitting with us: You'll want to be in the area three to four days to give us plenty of time to adjust your prosthesis. On your first day, we'll evaluate your situation and take measurements. Then you're free to roam around Nashville for a few hours before your initial fitting. Over the next day or so, you will wear a test prosthesis while sightseeing as this allows us to make adjustments while you're still in town and allows you to test your new fit in a real-world situation. We will be doing some light physical therapy with you and making changes as needed.

At Bulow BioTech, we're committed to providing you personalized care and individual solutions. Our Nashville location is easily accessed from the Nashville Airport and is centrally located to several hotels, restaurants and activities.

Please look through the following information on nearby hotels, restaurants and attractions so you can get an idea of how to plan your visit. If you have any questions or concerns, please call our office.

We look forward to working with you.

Regards,
Matt Bulow
Scott Moore
Chris Casey

Hotels Near Bulow BioTech Nashville Location

BAYMONT INN & SUITES NASHVILLE

5612 Lenox Avenue
Nashville, TN 37209
615.353.0700
baymontinns.com

BEST WESTERN BELLE MEADE INN

5600 O'Brien Ave
Nashville, TN 37209
615.354.1711
bestwesterntennessee.com

COMFORT INN NASHVILLE

412 White Bridge Place
Nashville, TN 37209
615.356.0888
comfortinn.com

DAISY HILL BED & BREAKFAST

2816 Blair Blvd
Nashville, TN 37212
615.297.9795
daisyhillbedandbreakfast.com

DAYS INN

269 White Bridge Road
Nashville, TN 37209
615.356.9100
daysinn.com

EXTENDED STAY AMERICA

3311 W End Ave
Nashville, TN 37203
615.383.7490
extendedstayamerica.com

HAMPTON INN & SUITES NASHVILLE GREEN HILLS

2324 Crestmoor Road
Nashville, TN 37215
615.777.0001
hamptoninn.com

HOLIDAY INN SELECT NASHVILLE-VANDERBILT HOTEL

2613 West End Ave
Nashville, TN 37203
877.863.4780
holidayinn.com

LOEWS VANDERBILT HOTEL

2100 W End Ave
Nashville, TN 37203
615.320.1700
loewshotels.com

MARRIOTT NASHVILLE HOTEL AT VANDERBILT

2555 W End Ave
Nashville, TN 37203
615.321.1300
marriottvanderbilt.com

SUPER 8 NASHVILLE WEST

6924 Charlotte Pike
Nashville, TN 37209
866.221.6537
hotels.com

Nashville Attractions

ARRINGTON VINEYARDS

arringtonvineyards.com
6211 Patton Road
Arrington, TN 37014
615.395.0102

Founded in 2005 by country music artist Kix Brooks, Arrington Vineyards is located 25 minutes south of Nashville among the beautiful hills of Arrington, TN. Arrington Vineyards is open seven days a week, selling wine by the bottle and hosting free wine tastings each day.

BELMONT MANSION

belmontmansion.com
1900 Belmont Blvd 37212
615.460.5459

Originally home to a wealthy Nashville family during the Civil War period, Belmont Mansion stands today on the college grounds of Belmont University. This mansion is now open to the public and includes attractions such as a zoo, an aquarium, bowling alley and an art gallery.

CHEEKWOOD BOTANICAL GARDENS AND ART MUSEUM

cheekwood.org
1200 Forest Park Drive 37205
615.356.8000

The history and origin of Cheekwood is interwoven among the growth of Nashville, the Maxwell House coffee brand and one of Nashville's earliest entrepreneurial families, the Cheeks. In the 1950's, the family offered Cheekwood as a site for a botanical garden and art museum, and it was opened to the public in 1960. This 55-acre botanical garden and art museum provides an inspiring place for visitors to explore their connections with art, nature and the world around them.

COUNTRY MUSIC HALL OF FAME AND MUSEUM

countrymusicHalloffame.com
222 Fifth Avenue South 37203
615.416.2001

Jimmie Rogers, Hank Williams and Fred Rose were the first inductees into the Country Music Hall of Fame in 1961. It was not until 1967 that the Country Music Hall of Fame and Museum became home to America's music. Today it is located just steps from the historic Ryman Auditorium in downtown Nashville's entertainment district. The museum's vast collection illustrates country music's story as told through the turns of two centuries. A treasure trove of history creates an unforgettable experience for all ages.

DISCOVER NASHVILLE TOUR

vacationsmadeeasy.com/NashvilleTN/activity/DiscoverNashvilleInclusiveTour.cfm
2416 Music Valley Drive 37214
1.800.987.9852

A comprehensive bus tour which includes stops at popular Nashville attractions including the Ryman Auditorium, the Country Music Hall of Fame, the Parthenon, the Tennessee State Capitol, Fort Nashborough and more. The tour includes admission to the attractions where the bus stops. It also includes transportation to and from most Nashville hotels.

FRIST CENTER FOR THE VISUAL ARTS

fristcenter.org
919 Broadway 37203
615.244.3340

Since opening in April 2001, the Frist Center has hosted an array of art from the region, the country and around the world. The Frist Center has become a magnet for Nashville's rapidly growing visual arts scene. The Martin ArtQuest Gallery has 30 interactive stations where visitors can make their own print, create an original water color and even create a colorful sculpture.

Nashville Attractions (continued)

GENERAL JACKSON SHOWBOAT

generaljackson.com
2808 Opryland Drive 37214
615.458.3900

Enjoy a 19th-century themed excursion on a paddle wheel cruise down the Cumberland River. With traditional entertainment attractions, guests can dine on-board and listen to the live swing band. Daily launches at 10:15 a.m. as well as 1:30 p.m. and 7:00 p.m.

GRAND OLE OPRY

opry.com
2802 Opryland Drive 37214
615.871.OPRY (6779)

The Grand Ole Opry is dedicated to honoring country music's history and present by showcasing a mix of country legends and the contemporary chart-toppers who have followed in their footsteps. It began as a simple radio broadcast in 1925 and today is one of the largest tourist attractions in Nashville.

THE HERMITAGE

thehermitage.com
4580 Rachel's Lane 37076
615.889.2941

Covering 650 acres of land, this plantation home of Andrew Jackson, the seventh President, still features Jackson's original furniture, log cabins, garden and kitchen. Not only is this a sight to see, but also offers a great history lesson that come with the sights.

HOMES OF THE STARS TOUR

vacationsmadeeasy.com/NashvilleTN/activity/
HomesoftheStarsTourTransportation.cfm
2416 Music Valley Drive 37214
1.800.987.9852

This bus tour picks up at most Nashville area hotels and visits the homes of some of Nashville's most famous stars. The tour varies by season, but can include the homes of country music performers such as Kix Brooks, Ronnie Dunn, Martina McBride, Ronnie Milsap, Dolly Parton, Trisha Yearwood, Alan Jackson, Trace Adkins, and more. The tour can also pass by the Belle Meade Plantation, historic 2nd Avenue and the Tennessee State Capitol. The ride takes three-and-a-half hours.

THE NASHVILLE SYMPHONY

nashvillesymphony.org
One Symphony Place 37201
615.687.6401

With works written by composers such as Mozart, Holst, Stravinsky and Beethoven, the Nashville Symphony is dedicated to achieving the highest standard for excellence in musical performance and educational programs. The GRAMMY® Award-winning Nashville Symphony has a growing international reputation for its recordings and innovative programming as well as more than 140 annual performances.

NASHVILLE ZOO

nashvillezoo.org
3777 Nolensville Road 37211
615.833.1534

This animal kingdom inhabitants include tigers, zebras, otters and cougars in a 200-acre location. Children are often pleased with the zoo's jungle playground. Adults can study the reptiles' living quarters. The zoo is open daily from 9 a.m. to 6 p.m. with admission discounts for seniors and children.

MUSIC VALLEY WAX MUSEUM

nashvillemusicvalley.com
2515 McGavock Pike 37214
615.884.7876

More than 50 wax figures wind the halls of this museum. See your favorite country stars up close and personal.

RYMAN AUDITORIUM

ryman.com
116 5th Avenue N 37219
615.889.3060

This auditorium is one of the most famous for musicians in the Nashville area. It opened in 1892 and is now a national showplace with musicians performing such as James Brown and Patsy Cline.

Area Churches

CONCORDIA LUTHERAN CHURCH

3501 Central Ave 37205
615.292.0982

FIRST SOUTHERN METHODIST CHURCH

4409 Colorado Ave 37209
615.297.5187

IMMANUEL BAPTIST CHURCH

222 Belle Meade Blvd 37205
615.297.5356

SEVENTH-DAY ADVENTIST CHURCH

2800 Blair Blvd 37212
615.297.1343

ST. ANN'S CATHOLIC CHURCH

5101 Charlotte Pike 37209
615.298.1782

ST. GEORGE'S EPISCOPAL CHURCH

4715 Harding Road 37205
615.385.2150

WEST END COMMUNITY CHURCH

235 White Bridge Pike 37209
615.463.8497

WESTMINSTER PRESBYTERIAN CHURCH

3900 West End Avenue 37205
615.292.5526

Restaurants Near Bulow BioTech Nashville Location

ACORN RESTAURANT

FINE DINING (MODERATE TO HIGH COST)

theacornrestaurant.com

114 28th Ave N. 37203

615.320.4399

The only one of its kind lands here in the Nashville's west end. The Acorn operates in keeping with its old-age roots through its atmosphere, service and food. This restaurant strives to be a purveyor of welcome, warmth and hospitality to each guest.

BLACKSTONE RESTAURANT AND BREWERY

CASUAL DINING (LOW COST)

blackstonebrewery.com

1918 West End Avenue 37203

615.327.9969

Established in 1994, Blackstone Brewery has since been awarded five World Beer Cups and nine Great American Beer Festival Awards. Blackstone is open for lunch and dinner seven days a week offering everything from burgers and chicken to pub specialties and wood-fired, brick oven pizzas all for a great value. Brewery tours are available on a call-ahead basis and guests can also take home a six pack of their favorite brew.

BOSCO'S: THE RESTAURANT FOR BEER LOVERS!

PIZZA KITCHEN AND BREWERY (MODERATE COST)

boscosbeer.com

1805 21st Avenue South 37212

615.385.0050

Bosco's is a warm, inviting, first-class restaurant that has been brewing award-winning, hand-crafted beers for more than 16 years. Bosco's is located near Vanderbilt University in Hillsboro Village. This unique brewery serves up brick oven baked pizzas, an array of appetizers and entrees, chef-created specials daily and a half dozen "always on tap" brews.

CHEESEBURGER CHARLEY'S

CHEESEBURGER SHOP (LOW COST)

cheeseburgercharleys.com

4516 Harding Pike 37205

615.297.6929

In 1988, Charley Watkins decided to focus on a higher quality, tastier and more distinctive hamburger. The restaurant allows guests to fix their own burgers from a condiment bar and contains produce display that rivals a grocery store.

LOVELESS CAFÉ

HOME-STYLE COOKING (LOW COST)

lovelesscafe.com

8400 Highway 100 37221

615.646.9700

Opened in 1951, the Loveless is full of history and Southern charm. Scratch biscuits and homemade preserves are just a few of the secret recipes that have made this café world-famous.

MCCABE PUB

CASUAL DINING (MODERATE COST)

mccabepub.com

4410 Murphy Road 37209

615.269.9406

This family-owned and operated casual restaurant is situated in the heart of Nashville. The relaxed environment features a patio area for nice weather dining and a comfortable atmosphere to relax and watch the big game.

Restaurants Near Bulow BioTech Nashville Location (continued)

OUTBACK STEAKHOUSE

CASUAL DINING (MODERATE COST)

outbacksteakhouse.com

3212 West End Avenue 37203

615.385.3440

This Australian themed steakhouse believes in the fresh high-quality food that it serves. In fact, they prepare every item fresh daily. Although steak makes up a good portion of the menu, the restaurant offers a variety of chicken, ribs, seafood and pasta dishes.

SPERRY'S RESTAURANT

FINE DINING (MODERATE TO HIGH COST)

sperrys.com

5109 Harding Pike Road 37205

615.353.0809

After its opening in 1974, the restaurant became a Nashville tradition that tourists and natives don't want to miss. Sperry's specializes in steak and seafood and opens at 5 p.m. every day. Private dining is also available.