

2025



Lexington Clinic
Shoulder Center of Kentucky

Overhead Throwing Program Schedule

AUGUST 1 – NOVEMBER 30

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---------|--|--|--------|----------|
| | DOOR OPENS 12:00 P.M. BE IN DOOR BY 6:15 P.M. | | DOOR OPENS 12:00 P.M. BE IN DOOR BY 6:15 P.M. | DOOR OPENS 12:00 P.M. BE IN DOOR BY 6:15 P.M. | | |

PRICING: \$10 per visit/\$50 for month

Monthly payments must be paid at the beginning of the month.
Checks made out to Lexington Clinic.

If Lexington Clinic is closed, there will be no program.
For holidays or weather, check with Mike Howell.

**New location is at the
Lexington Clinic Orthopedic and Neuroscience Center
1207 South Broadway**

Come through front doors. Do not check in,
if asked tell them "Arm Care with Mike."

Take stairs or elevator at right to 2nd Floor. Physical Therapy is on your right
after coming to 2nd floor. Walk into the gym and ask for Mike.

**IF YOU WANT TO THROW, NO CROCS / SLICKS ALLOWED,
TENNIS SHOES OR LOW TURFS ONLY.**

**For more information, contact Mike Howell
at (859) 258-8520 or mihow@lexclin.com.**