

## **Lexington Clinic Overhead Program**

Dear parents,

After 14 years we are changing parts of our Overhead program. **Starting October 1<sup>st</sup>, 2022 prices will increase to \$10.00 per session or \$50.00 per month.**

The monthly price will cover entire month with no restrictions on visits.

If you choose monthly, the payment will need to be paid at the First of each month.

**Throwing evaluations and biomechanical checks will increase with more teaching of grips and pre-throw programs.**

We will continue to add exercises and protocols to the program as we have done in the past.

We hope everyone will continue with our program and allow us to work with your athletes, helping them to continue playing their sport of choice with decreased injuries and with increased performance.

Thanks,

Michael Howell