

|            |                     |                      |          |                |
|------------|---------------------|----------------------|----------|----------------|
| <b>B</b>   | <b>I</b>            | <b>N</b>             | <b>G</b> | <b>O</b>       |
| Tape       | Athletic<br>Trainer | Electrolytes         | Sprain   | Massage        |
| Concussion | Sweat               | Physical<br>Activity | Blister  | RICE           |
| Stretching | Warm-up             | <b>FREE</b>          | Brace    | Heat<br>Stroke |
| Hydration  | Strain              | Ice pack             | Fracture | Overuse        |
| Elevation  | Compression         | Physical<br>Therapy  | X-Ray    | Dislocated     |

|              |                  |             |             |                   |
|--------------|------------------|-------------|-------------|-------------------|
| <b>B</b>     | <b>I</b>         | <b>N</b>    | <b>G</b>    | <b>O</b>          |
| Warm-up      | Blister          | Sprain      | Concussion  | Physical Activity |
| Electrolytes | X-Ray            | Massage     | Compression | RICE              |
| Hydration    | Brace            | <b>FREE</b> | Heat Stroke | Athletic Trainer  |
| Fracture     | Physical Therapy | Tape        | Dislocated  | Strain            |
| Ice pack     | Overuse          | Stretching  | Sweat       | Elevation         |

|             |                  |                   |            |              |
|-------------|------------------|-------------------|------------|--------------|
| <b>B</b>    | <b>I</b>         | <b>N</b>          | <b>G</b>   | <b>O</b>     |
| Compression | Physical Therapy | Blister           | Overuse    | Brace        |
| Tape        | Hydration        | Ice pack          | Sweat      | Massage      |
| Stretching  | Dislocated       | <b>FREE</b>       | Strain     | Fracture     |
| Warm-up     | RICE             | Sprain            | X-Ray      | Electrolytes |
| Heat Stroke | Athletic Trainer | Physical Activity | Concussion | Elevation    |