

B	I	N	G	O
Syndosmodic ankle sprain	3 Grades of Ankle Sprains	Compartment Syndrome	Inversion + Plantar Flexion	Functional Assessment
Avulsion Fx of Tibia	Stress Fx of Tibia	HOPS	4 Major bones of ankle/lower leg	Repeated Contusions
Two muscles: Achilles Tendon	Acute	FREE	Genu Varum	Distal end of Tibia
Anterior Talofibular Ligament	Eversion	MOPS	Eversion + Dorsiflexion	Inversion
MTSS	Distal end of Fibula	Deltoid Ligament	Genu Valgum	Anterior & Posterior Tibiofibular Ligaments

B	I	N	G	O
Genu Varum	Functional Assessment	Acute	Repeated Contusions	Anterior & Posterior Tibiofibular Ligaments
MOPS	Distal end of Tibia	Eversion	Stress Fx of Tibia	4 Major bones of ankle/lower leg
Two muscles: Achilles Tendon	Inversion + Plantar Flexion	FREE	Genu Valgum	Avulsion Fx of Tibia
Compartment Syndrome	HOPS	MTSS	Anterior Talofibular Ligament	Inversion
3 Grades of Ankle Sprains	Syndosmodic ankle sprain	"Horse kick or gun shot"	Chronic	Deltoid Ligament

B	I	N	G	O
Genu Varum	Avulsion Fx of Tibia	Inversion	Chronic	4 Major bones of ankle/lower leg
3 Grades of Ankle Sprains	"Horse kick or gun shot"	Compartment Syndrome	Two muscles: Achilles Tendon	Anterior Talofibular Ligament
Stress Fx of Tibia	MTSS	FREE	Eversion + Dorsiflexion	Inversion + Plantar Flexion
Anterior & Posterior Tibiofibular Ligaments	Genu Valgum	Eversion	Distal end of Tibia	Acute
Repeated Contusions	Functional Assessment	Deltoid Ligament	HOPS	Syndosmodic ankle sprain