B	I	N	G	O
Sprain	120/80	Etiology	Anterior Talofibular Ligament	Hinge Joint
Diagnosis	ATC	Repeated Contusions	HOPS	Prevention
Strain	4 Quadriceps Muscles	**FREE**	Emergency Activation Steps	Chronic
Concussion	Jones Fracture	Degrees of Strains	Hemorrhage	Jumper's Knee
Boutonneire Deformity Carpal Tunnel Syndrome	Edema	Appendicitis	4 Rotator Cuff Muscles	3 Hamstring Muscles

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B	I	N	G	O
Prevention	4 Rotator Cuff Muscles	Inversion	Chronic	4 Quadriceps Muscles
Concussion	Repeated Contusions	3 Hamstring Muscles	Strain	120/80
Emergency Activation Steps	Hinge Joint	**FREE**	Edema	Crepitus
Diagnosis	ATC	Anterior Talofibular Ligament	Hematoma	Sudden Death Syndrome
HOPS	Jones Fracture	5 Phases of Throwing	Hemorrhage	Etiology

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B	I	N	G	O
Degrees of Strains	ATC	Emergency Activation Steps	Sprain	4 Rotator Cuff Muscles
team Physician	Sudden Death Syndrome	Abduction	3 Hamstring Muscles	Hinge Joint
HOPS	Acute	**FREE**	120/80	Strain
Diagnosis	5 Phases of Throwing	Concussion	Anterior Talofibular Ligament	4 Quadriceps Muscles
Chronic	Boutonneire Deformity Carpal Tunnel Syndrome	Hemorrhage	Hematoma	Jones Fracture

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