

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

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

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