

B	I	N	G	O
Sprain	3 Hamstring Muscles	120/80	Appendicitis	Hinge Joint
Diagnosis	Abduction	Repeated Contusions	HOPS	4 Quadriceps Muscles
Hemorrhage	Jumper's Knee	FREE	Strain	4 Rotator Cuff Muscles
Etiology	Concussion	Prevention	Crepitus	Jones Fracture
Degrees of Strains	Hematoma	Chondromalacia	Carpal Tunnel Syndrome	Emergency Activation Steps

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

B	I	N	G	O
Hematoma	Edema	Abduction	Hemorrhage	Emergency Activation Steps
3 Hamstring Muscles	Chronic	120/80	Diagnosis	Sprain
5 Phases of Throwing	Team Physician	FREE	Sudden Death Syndrome	Acute
4 Quadriceps Muscles	Hinge Joint	Etiology	Anterior Talofibular Ligament	Strain
ATC	Creptitus	Appendicitis	4 Rotator Cuff Muscles	Carpal Tunnel Syndrome