B	I	N	G	O
Sprain	3 Hamstring Muscles	120/80	Boutonneire Deformity	Inversion
Edema	Abduction	Repeated Contusions	HOPS	4 Quadriceps Muscles
Hinge Joint	PRICE	**FREE**	Strain	4 Rotator Cuff Muscles
Concussion	Crepitus	Jones Fracture	Diagnosis	Hemorrhage
Chondromalacia	Carpal Tunnel Syndrome	Emergency Activation Steps	ATC	Etiology

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B	I	N	G	O
Edema	Diagnosis	4 Quadriceps Muscles	Prevention	5 Phases of Throwing
Inversion	Concussion	4 Rotator Cuff Muscles	Crepitus	Repeated Contusions
Strain	3 Hamstring Muscles	**FREE**	HOPS	Emergency Activation Steps
Etiology	Degrees of Strains	Acute	Boutonneire Deformity	Hematoma
Hinge Joint	Jumper's Knee	ATC	Hemorrhage	Abduction

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B	I	N	G	O
Hemorrhage	Emergency Activation Steps	Etiology	3 Hamstring Muscles	Concussion
120/80	Diagnosis	Abduction	Sprain	5 Phases of Throwing
Team Physician	Sudden Death Syndrome	**FREE**	Acute	4 Quadriceps Muscles
Inversion	HOPS	Appendicitis	Strain	Edema
ATC	Hinge Joint	Crepitus	Boutonneire Deformity	4 Rotator Cuff Muscles

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