

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

B	I	N	G	O
5 Phases of Throwing	ABC's	Etiology	Edema	Diagnosis
4 Quadriceps Muscles	PRICE	Inversion	Chronic	4 Rotator Cuff Muscles
Concussion	Repeated Contusions	FREE	Strain	Prevention
3 Hamstring Muscles	Hinge Joint	Crepitus	Abduction	Appendicitis
Hematoma	HOPS	Jumper's Knee	Hemorrhage	Emergency Activation Steps

B	I	N	G	O
Emergency Activation Steps	3 Hamstring Muscles	Chronic	120/80	Diagnosis
ATC	Etiology	Sprain	5 Phases of Throwing	Team Physician
Sudden Death Syndrome	Abduction	FREE	4 Quadriceps Muscles	Inversion
HOPS	Anterior Talofibular Ligament	Strain	ABC's	Hinge Joint
Concussion	Appendicitis	4 Rotator Cuff Muscles	Crepitus	Carpal Tunnel Syndrome