B	I	N	G	O
Sprain	3 Hamstring Muscles	120/80	Appendicitis	Hyperextension of Great Toe
Edema	Abduction	Prevention	Hematoma	4 Quadriceps Muscles
Hinge Joint	PRICE	**FREE**	Strain	4 Rotator Cuff Muscles
HOPS	Concussion	ATC	Crepitus	Jones Fracture
Diagnosis	Hemorrhage	Jumper's Knee	Chondromalacia	Carpal Tunnel Syndrome

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

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B	I	N	G	O
Jones Fracture	4 Rotator Cuff Muscles	ABC's	Hemorrhage	Edema
Abduction	Hinge Joint	Etiology	3 Hamstring Muscles	Concussion
120/80	Diagnosis	**FREE**	Sprain	5 Phases of Throwing
Team Physician	Sudden Death Syndrome	Hyperextension of Great Toe	HOPS	Anterior Talofibular Ligament
Strain	4 Quadriceps Muscles	Crepitus	Appendicitis	Carpal Tunnel Syndrome

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