

B	I	N	G	O
Sprain	3 Hamstring Muscles	120/80	Boutonneire Deformity	Hyperextension of Great Toe
Edema	Abduction	Prevention	Hematoma	4 Quadriceps Muscles
PRICE	Strain	FREE	4 Rotator Cuff Muscles	HOPS
Crepitus	Degrees of Strains	Jones Fracture	EAP	Hinge Joint
MTSS	Chondromalacia	Emergency Activation Steps	Carpal Tunnel Syndrome	5 Phases of Throwing

B	I	N	G	O
ABC's	HOPS	Edema	EAP	4 Rotator Cuff Muscles
PRICE	Inversion	Crepitus	Degrees of Strains	Prevention
4 Quadriceps Muscles	Strain	FREE	3 Hamstring Muscles	Hyperextension of Great Toe
Emergency Activation Steps	Etiology	Abduction	Boutonneire Deformity	Hemorrhage
Hematoma	Jumper's Knee	5 Phases of Throwing	ATC	Hinge Joint

B	I	N	G	O
Etiology	3 Hamstring Muscles	Concussion	120/80	EAP
Abduction	Sprain	5 Phases of Throwing	Team Physician	Sudden Death Syndrome
Acute	4 Rotator Cuff Muscles	FREE	Inversion	Hematoma
Appendicitis	Edema	ATC	4 Quadriceps Muscles	Hyperextension of Great Toe
Degrees of Strains	Boutonneire Deformity	HOPS	Chondromalacia	Hinge Joint