

B	I	N	G	O
Sprain	3 Hamstring Muscles	120/80	Boutonneire Deformity	Hyperextension of Great Toe
Emergency Activation Steps	Abduction	Prevention	Hematoma	4 Quadriceps Muscles
MTSS	Strain	FREE	4 Rotator Cuff Muscles	Crepitus
PRICE	Diagnosis	Jones Fracture	EAP	Hemorrhage
Hinge Joint	Chronic	Chondromalacia	Etiology	Carpal Tunnel Syndrome

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

B	I	N	G	O
5 Phases of Throwing	ATC	Hemorrhage	Emergency Activation Steps	Abduction
Hinge Joint	Etiology	3 Hamstring Muscles	Crepitus	120/80
Edema	HOPS	FREE	Sprain	ABC's
Team Physician	Sudden Death Syndrome	Acute	4 Rotator Cuff Muscles	Inversion
Hematoma	Appendicitis	Strain	4 Quadriceps Muscles	Hyperextension of Great Toe