

B	I	N	G	O
Sprain	3 Hamstring Muscles	120/80	Boutonneire Deformity	Inversion
Emergency Activation Steps	Abduction	Prevention	Hematuria	4 Quadriceps Muscles
Hyperextension of Great Toe	PRICE	FREE	Strain	4 Rotator Cuff Muscles
Hematoma	Degrees of Strains	ATC	Diagnosis	Jumper's Knee
Edema	Hinge Joint	MTSS	Chronic	Chondromalacia

B	I	N	G	O
Etiology	Diagnosis	Carpal Tunnel Syndrome	5 Phases of Throwing	ABC's
HOPS	Emergency Activation Steps	Edema	4 Quadriceps Muscles	PRICE
Jones Fracture	Degrees of Strains	FREE	4 Rotator Cuff Muscles	Repeated Contusions
Strain	Prevention	3 Hamstring Muscles	Hematoma	Inversion
Abduction	Boutonneire Deformity	Hinge Joint	Hyperextension of Great Toe	Hematuria

B	I	N	G	O
Jumper's Knee	4 Rotator Cuff Muscles	ABC's	Hinge Joint	Emergency Activation Steps
Abduction	Hyperextension of Great Toe	HOPS	3 Hamstring Muscles	Degrees of Strains
120/80	Edema	FREE	Sprain	5 Phases of Throwing
Team Physician	Sudden Death Syndrome	Inversion	Hematoma	Appendicitis
Strain	4 Quadriceps Muscles	Diagnosis	Boutonneire Deformity	Chondromalacia