

B	I	N	G	O
swing phase	C7	2nd class lever	cuada equina	piriformis
levator scapula	axis	supination	nucleous pulposus	SITS
snuff box	tennis elbow	FREE	acetabulum	motor neurons
gastocnemius	hinge joint	radial nerv	hypothenar	passive insufficiency
rectus femoris	dynamic	genu valgum	lordosis	deltoid ligaments

B	I	N	G	O
ant pelvic tilt	appendicular	motor neurons	long bones	levator scapula
SITS	snuff box	quadratus lumborum iliopsoas	gastrocnemius	acetabulum
genu valgum	supination	FREE	tennis elbow	subtalar
C7	piriformis	hinge joint	brachialis	cauda equina
open chain	nucleus pulposus	rectus femoris	passive insufficiency	lordosis

B	I	N	G	O
lordosis	C7	gastrocnemius	2nd class lever	levator scapula
axis	motor neurons	swing phase	ant pelvic tilt	trendelenbergs
trapezius	brachialis	FREE	SITS	quadratus lumborum iliopsoas
nucleus pulposus	convex	tennis elbow	appendicular	piriformis
genu valgum	cuada equina	acetabulum	hinge joint	dynamic