

HEAD/NECK/FACE
Concussions



CHEST
Bruised ribs



LEG/HIP/KNEE
ACL/MCL
Bursitis
Hamstring strains
Meniscus/ligament injuries
Strains/Sprains
Tendinitis



ANKLE/FOOT
Plantar Fasciitis
Sprained ankle



SHOULDER/ARM/ELBOW
Broken bones
Bursitis
Joint sprains
Muscle strains and tears
Rotator cuff injuries
Tendinitis
Tennis Elbow



BACK
Low back pain
Oblique strains
Strains and sprains



WRIST/HAND
Carpal Tunnel Syndrome
Trigger finger



WHOLE BODY
Bruises
Broken bones
Inflammation/swelling
Post surgery recovery
Torn muscles
Wound healing

OVERALL PERFORMANCE

Increased endurance
Increased power
Decreased fatigue
Decreased likelihood of injury

