

**HEAD/NECK/FACE**  
Concussions



**CHEST**  
Bruised ribs



**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

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



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



**ANKLE/FOOT**  
Plantar Fasciitis  
Sprained ankle

**OVERALL PERFORMANCE**  
Increased endurance  
Increased power  
Decreased fatigue  
Decreased likelihood of injury

