

2024 FANTASY FOOTBALL NON-PPR LEAGUE

TOP 200 PLAYERS CHEAT SHEET

Rank	Player	Team	Position	FP
1	Christian McCaffrey	SF	RB	313.0
2	Breece Hall	NYJ	RB	254.8
3	Bijan Robinson	ATL	RB	232.8
4	Jonathan Taylor	IND	RB	228.1
5	Devin Henry	BAL	RB	223.0
6	Jahmyr Gibbs	DET	RB	222.5
7	Sayon Blackby	PHI	RB	220.1
8	Kyle Williams	LA	RB	218.5
9	Alex Kamara	NO	RB	215.4
10	Tyreek Hill	MIA	WR	208.7
11	Treylon Burroughs	JAC	RB	212.7
12	Joe Mixon	HOV	RB	212.3
13	Josh Jacobs	GB	RB	210.8
14	Josh Allen	BUF	QB	207.8
15	Cade Otton	OAK	WR	200.4
16	Derwin Adams	MIA	RB	207.3
17	Isiah Pacheco	KC	RB	200.9
18	John Hurst	PHI	QB	199.7
19	Kenneth Walker II	SEA	RB	199.4
20	Rachaad White	TB	RB	198.4
21	James Cook	BUF	RB	197.5
22	Lamar Jackson	BAL	QB	195.8
23	Jarman Chase	CIN	WR	195.7
24	Justin Jefferson	MIN	WR	208.0
25	Amon-Ra St. Brown	DET	WR	201.2
26	Patrick Mahomes	KC	QB	203.9
27	Aaron Jones	MIN	RB	190.4
28	Sam LaPorta	DET	TE	193.5
29	Drew Montgomery	DET	RB	172.2
30	Phanerope Beveridge	NE	RB	171.9
31	Treylon Burroughs	KC	TE	156.4
32	A.J. Brown	PHI	WR	182.8
33	Felix Anon	LA	WR	181.2
34	Zach White	LV	RB	180.8
35	Rage Harris	PIT	RB	180.5
36	Garrett Wilson	NYJ	WR	175.8
37	Drew London	ATL	WR	173.2
38	Tray McBreath	ARI	TE	143.8
39	Mark Andrews	BAL	TE	143.5
40	Kyle Pitts	ATL	TE	141.1
41	Nico Collins	HOV	WR	189.2
42	C.J. Stroud	HOV	QB	221.8
43	Anthony Richardson	IND	QB	221.7
44	Jarvis Williams	CHI	WR	154.7
45	Marion Hampton Jr.	ARI	WR	185.1
46	Tony Stewart	TEN	WR	181.7
47	James Conner	ARI	RB	181.3
48	Cooper Kupp	LA	WR	184.2
49	Damon King	BUF	TE	125.4
50	Chris Olave	NO	WR	183.1
51	Devin Singletary	NYG	RB	148.9
52	Joe Burrow	CIN	QB	213.7
53	Mike Evans	TB	WR	180.4
54	Jaylen Waddle	MIA	WR	182.4
55	Deebo Samuel	SF	WR	188.2
56	Dak Prescott	OAK	QB	210.9
57	Kyle Murray	ARI	QB	212.3
58	Russell Wilson	MIA	RB	141.5
59	Jaylen Warren	PIT	RB	140.2
60	Devin Adams	LV	WR	182.8
61	C.K. Melton	SEA	WR	182.3
62	George Kittle	SF	TE	125.8
63	Tea Higgins	CIN	WR	181.2
64	Dalvin Cook	PHI	WR	148.8
65	Stefon Diggs	HOV	WR	148.8
66	C.J. Moore	CHI	WR	147.5
67	Tank Dell	HOV	WR	147.3
68	Chase Brown	CHI	RB	134.1
69	Elijaah Elliott	OAK	RB	133.7
70	Shannon Sharpe	SF	WR	143.2
71	Zay Flowers	BAL	WR	144.8
72	Mark Ingram	NYG	WR	144.3
73	Rachaad White	KC	WR	144.1
74	Michael Pittman Jr.	IND	WR	143.2
75	Amari Cooper	CLE	WR	143.0
76	Cade Williams	CHI	QB	206.0
77	Zack Moss	CIN	RB	129.1
78	D'Andre Swift	CHI	RB	128.8
79	Evans Engoron	JAC	TE	112.7
80	Jarome Ford	CLE	RB	128.0

Rank	Player	Team	Position	FP
81	Tyler Speers	TEN	RB	127.8
82	Terry McLaurin	WDC	WR	140.2
83	Quin Cavaney	LAC	RB	127.2
84	James Ferguson	DAL	TE	111.5
85	Jordan Love	GB	QB	204.2
86	Khalil Herbert	CHI	RB	124.8
87	Chris Godwin	TB	WR	127.4
88	George Patterson	PIT	WR	127.1
89	Austin Ekeler	WASH	RB	123.8
90	Treylon Burroughs	JAC	QB	206.7
91	Jayden Daniels	WASH	QB	204.4
92	Christian Kirk	JAC	WR	126.3
93	Kareem Allen	CHI	WR	123.3
94	Brian Robinson	WASH	RB	125.0
95	Brook Purdy	SF	QB	209.8
96	Tyler Tagovailoa	MIA	QB	204.1
97	Drew Brees	CLE	TE	122.5
98	Jared Goff	DET	QB	202.8
99	Nick Chubb	CLE	RB	118.2
100	Kia Cuming	ATL	QB	201.1
101	Justin Herbert	LAC	QB	200.8
102	Caleb Farley	TEN	WR	128.7
103	Stacy Drayton	LA	RB	112.8
104	Devin Hopkins	TEN	WR	125.1
105	Dorian Johnson	CAR	WR	126.0
106	Dashaun Watson	CLE	QB	217.8
107	Brook Bowens	LV	TE	84.2
108	Ronnie Ogburn	CHI	WR	122.3
109	Aaron Rodgers	NYG	QB	214.5
110	Matthew Stafford	LA	QB	214.4
111	Marquise Brown	KC	WR	121.0
112	Damon Smith	HOV	TE	90.0
113	Jayden Reed	GB	WR	118.0
114	Chris Hubbard	CAR	RB	105.1
115	Dalen Powell	PHI	TE	88.7
116	Stacy Mayfield	TB	QB	209.1
117	Garco Smith	SEA	QB	208.7
118	Ladd McConkey	LAC	WR	114.8
119	Brian Thomas Jr.	JAC	WR	114.4
120	Rico Dowdle	DAL	WR	101.3
121	Jonathan Brooks	CAR	RB	120.8
122	Ty Chandler	MIN	RB	100.5
123	Sam Darnold	MIN	QB	204.8
124	Karey Worley	KC	WR	111.2
125	Pat Freiermuth	PIT	TE	82.4
126	Christian Watson	GB	WR	110.2
127	Jayden Smith-Ngile	SEA	WR	108.8
128	Baltimore QB	BAL	D	107.4
129	Josh Palmer	LAC	WR	106.8
130	Kansas City QB	KC	D	104.0
131	Tyler Adair	ATL	RB	85.1
132	Philadelphia QB	PHI	D	102.3
133	Green Bay QB	GB	D	101.1
134	Khalil Shakir	BUF	WR	107.3
135	New York Jets QB	NYJ	D	128.0
136	Nick Foles	TEN	K	106.0
137	Jake Elliott	PHI	K	104.1
138	Brandon Aubrey	DAL	K	102.7
139	Camaron Dore	LAC	K	102.3
140	Atlanta QB	ATL	D	126.0
141	Pittsburgh QB	PIT	D	125.8
142	Caro Santos	CHI	K	148.5
143	Amari Cooper	GB	K	147.7
144	Kareem Hunt	HOV	K	147.2
145	Los Angeles Chargers QB	LAC	D	123.0
146	Harrison Butler	KC	K	146.3
147	San Francisco QB	SF	D	122.8
148	Tampa Bay QB	TB	D	120.4
149	Jason Sanders	MIA	K	144.5
150	Stacy Prewitt	CAR	K	143.3
151	Evan McPherson	CIN	K	142.8
152	Drew QB	DAL	D	121.0
153	Antonio Gibson	NE	RB	80.8
154	Daniel Jones	NYG	QB	209.0
155	Tyler Lockett	SEA	WR	125.8
156	Luke Musgrave	GB	TE	77.3
157	Miami QB	MIA	D	120.8
158	Dustin Hopkins	CLE	K	141.8
159	Matt Prater	ARI	K	140.5
160	Justin Tucker	BAL	K	139.8

Rank	Player	Team	Position	FP
161	Jason Myers	SEA	K	139.2
162	Tyler Bass	BUF	K	138.1
163	New Orleans QB	NO	D	118.7
164	Chase McLaughlin	TB	K	137.5
165	Will Reichart	MIN	K	136.7
166	Youngho Kim	ATL	K	135.8
167	Blake Grope	NO	K	135.2
168	Cooper Kupp	OAK	WR	104.9
169	Houston QB	HOV	D	117.5
170	Washington QB	WASH	D	117.3
171	Greg Zuerlein	NYJ	K	134.8
172	Cleveland QB	CLE	D	117.1
173	Daniel Carlson	LV	K	133.0
174	Buffalo QB	BUF	D	116.2
175	Matt Gay	IND	K	132.7
176	Chris Boswell	PIT	K	132.4
177	Jurion Johnson	NO	TE	76.3
178	Cam Little	JAC	K	131.3
179	Jamy Jaudy	CLE	WR	104.4
180	Tanner Brown	LA	K	130.4
181	Green Bay QB	GB	D	114.7
182	Las Vegas QB	LV	D	114.4
183	Jake Moody	SF	K	129.2
184	Indianapolis QB	IND	D	113.8
185	Graham Gano	NYG	K	127.1
186	Will Lutz	CHI	K	126.2
187	Seattle QB	SEA	D	112.8
188	Chargers Chargers	TEN	TE	75.8
189	Drew QB	CHI	D	115.7
190	New York Giants QB	NYG	D	115.7
191	Jonny Blye	NE	K	118.8
192	Los Angeles Rams QB	LA	D	109.1
193	Drew QB	DET	D	108.9
194	Chicago QB	CHI	D	108.8
195	Jacksonville QB	JAC	D	107.0
196	Arizona QB	ARI	D	106.4
197	Cade York	WASH	K	113.5
198	Mike Williams	NYJ	WR	100.8
199	Tennessee QB	TEN	D	100.5
200	Minnesota QB	MIN	D	100.0

FP = Projected Fantasy Points via numberFire

Bye Weeks

Week 5	Lions, Chargers, Eagles, Titans
Week 6	Chiefs, Rams, Dolphins, Vikings
Week 7	Steelers, Cowboys
Week 8	None
Week 9	Steelers, 49ers
Week 10	Browns, Packers, Raiders, Seahawks
Week 11	Cardinals, Panthers, Giants, Buccaneers
Week 12	Falcons, Bills, Bengals, Jaguars, Saints, Jets
Week 13	None
Week 14	Patriots, Broncos, Texans, Colts, Patriots, Commanders

Ranking based on:	
Teams:	10
Bench:	7
QB:	1
RB:	2
WR:	3
TE:	1
Flex:	1

Scoring based on:	
Passing TD:	4 pts
Rushing yds:	10 yds/pt
Receiving yds:	10 yds/pt
Interceptions:	-2 pts

Last Updated: August 23, 2024

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web upper extremity self range of motion exercise program purpose of self range of motion to keep the weakened arm and hand from becoming stiff and painful to make putting on and taking off clothing easier general procedures precautions all exercises should be performed to the point of stretch without pain

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web sets reps 5 min fatigue frequency 3 5 x day elbow flexion and extension bend and straighten your elbow as far as you can sets reps 3 x 15 20 frequency 3 4 x day active horizontal shoulder adduction in standing with your elbow bent to 90 raise your arm out to the side to shoulder height 1

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web instructions for measuring rom have the client lie supine on a table or the floor in a hook lying position i e the hips flexed to approximately 45 degrees and the knees flexed to approximately 90 degrees and the feet flat

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web dec 18 2015 the rom required for eight upper extremity adls in healthy participants was quantified with a methodology that can be used in future studies to develop normative databases of upper extremity motions and evaluate pathologic populations mesh terms activities of daily living biomechanical phenomena range of motion articular

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web hand position place one hand on the front of the shoulder for stability and the other hand on the person s shoulder blade heel of hand near the person s armpit and finger tips at the middle edge of the shoulder blade start position gently pull at the middle edge of the shoulder blade to move the it away from the spine

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web upper body range of motion exercises self directed for the neck and arms upper body range of motion exercises self directed for the neck and arms author sarah housman ms otr l mary pearson otr l these exercises for joints of the arm and neck can help maintain the range of movement minimize stiffness decrease pain

upper extremity active range of motion sitting aurora - Sep 17 2023

web instructions exercises should be done at least once per day do one arm at a time perform exercises slowly exercises to increase strength in the upper extremities some type of weight or resistance should be used recommendations commercial wrist weights 1 to 2 lbs soup or tuna can shoulder flexion

active range of motion predicts upper extremity function 3 - Mar 31 2022

web mar 5 2009 our purpose was to examine if early measures of upper extremity active range of motion from could predict recovery of upper extremity function and to describe the trajectory of upper extremity from recovery over time

self range of motion exercises for arm and hand hamilton - Oct 06 2022

web self range of motion exercises for the arm and hand after a stroke it is important to do the exercises in this handout for your affected arm and hand you can do them on your own by using your unaffected arm and hand these gentle movements are called self range of motion exercises and they help to maintain your movement prevent

range of motion exercises for arthritis harvard health - Nov 07 2022

web mar 10 2021 open your hand holding the fingers straight bend the middle finger joints next touch your fingertips to the top of your palm open your hand repeat 10 times with each hand next reach your thumb across your hand to touch the base of your little finger stretch your thumb back out repeat 10 times

self range of motion exercises upper extremity libsyn - Aug 16 2023

web elbow stretch hold your wrist start with your arms straight slowly bend your elbows hold for seconds slowly return to starting position with elbows straight repeat times forearm stretch affected hand on your lap or supported on a table rotate your hands so the palm of your affected hand is facing downwards

functional range of motion in the upper extremity and trunk - May 13 2023

web background functional range of motion is defined as the required range of motions for individuals to maintain maximal independence along with optimal conditions for activities of daily living intervention plans for rehabilitation are directed towards the acquisition of anatomical range of motion

functional range of motion in the upper extremity and trunk - Feb 27 2022

web may 1 2019 functional range of motion is defined as the required range of motions for individuals to maintain maximal independence along with optimal conditions for activities of daily living intervention plans for rehabilitation are directed towards the acquisition of anatomical range of motion

upper extremity range of motion exercises wicha lab - Jul 15 2023

web upper extremity range of motion exercises when exercising remember 1 take deep breaths during and after each exercise and after each set of exercises complete 2 3 sets x 10 reps daily 2 pace yourself 3 follow exercise directions as listed 4 notify your therapist if you have any questions or concerns 5

range of motion requirements for upper limb activities of - May 01 2022

web objective we quantified the range of motion rom required for eight upper extremity activities of daily living adls in healthy participants method fifteen right handed participants completed several bimanual and unilateral basic adls while joint kinematics were monitored using a motion capture system

upper extremity passive range of motion prom wicha lab - Jun 02 2022

web upper extremity passive range of motion prom repeat stretches times and hold for seconds if you have any questions or concerns please call your occupational therapist at shoulder flexion 0 180 always make sure the person s thumb is up as if they are hitchhiking caregiver should be on the same

therapy interventions for improving joint range of motion a - Apr 12 2023

web this review assessed nonsurgical interventions to restore range of motion in patients with injuries to the upper extremity the conclusion that splints casts or passive exercise are effective after joint injury and immobilisation should be treated with some caution as it relies heavily on evidence from studies with designs open to bias

effects of virtual reality based planar motion exercises on upper - Jan 29 2022

web oct 24 2019 background virtual reality vr based rehabilitation is considered a beneficial therapeutic option for stroke rehabilitation this pilot study assessed the clinical feasibility of a newly developed vr based planar motion exercise apparatus rapael smart board sb neofect inc yong in korea for the upper extremities as an intervention and

activities to increase upper extremity range of motion the - Sep 05 2022

web treatments and documentation for physical and occupational therapists streamline documentation focus on patient centered care save time and energy upper extremity exercises occupational therapy

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