

Clinical Abbreviations

#	fracture	Ev/Eve	eversion	MMT	manual muscle testing	R/Rt	right
+ive	positive	Ex's	exercises	MRI	magnetic resonance imaging	R>L	right worse than left
2/7	2 days ago	Ext	extension	MS	multiple sclerosis	R=L	right is the same as left
3/12	3 months ago	FH	family history	mvts	movements	R<L	right better than left
4/52	4 weeks ago	Fl/Flex	flexion	Mx	management	RA	rheumatoid arthritis
↓	decrease	FROM	full range of motion	NAD	no abnormality detected	rehab	rehabilitation
↑	increase	FWB	full weight bearing	NOF	neck of femur	Retr	retraction
Abd	abduction	GHJ	glenohumeral joint	NOH	neck of humerus	RF	rectus femoris
ACJ	acromioclavicular joint	gmax	gluteus max	NRS	numerical rating scale	ROM	range of motion
ACL	anterior cruciate ligament	Gmed	gluteus medius	NSAIDS	non-steroid anti-inflammatory drugs	Rot	rotation
Add	adduction	HBB	hand behind back	NWB	non weight bearing	RTC	road traffic collision
ADL	activities of daily living	HBH	hand behind head	° P	no pain	Rx	treatment
AF	atrial fibrillation	HE	horizontal extension	°#	no fracture	S/Sx	signs and symptoms
AKA	above knee amputation	HEP	home exercise programme	O/P	overpressure	SCI	spinal cord injury
Ant	anterior	HF	horizontal flexion	OA	osteoarthritis	Sh	shoulder
AP	anterior / posterior	HoH	head of humerus	OH	overhead	SIJ	sacroiliac joint

AROM	active range of motion	HPC	history of present condition	ORIF	open reduction and internal fixation	SL	single leg
ASIS	anterior superior iliac spine	HR	heart rate	P	pain	SLR	straight leg raise
BKA	below knee amputation	Hx	history	P1	main pain site	SQT	squat
		I/M	immediately	P2	secondary pain site	STM	soft tissue massage
BOS	base of support	IFT	interferential therapy	PA	posterior- anterior	STR	soft tissue release
BP	blood pressure	Inf	inferior	PAIVM	passive physiological intervertebral mobilisations	Subscap	subscapularis (tendon)
bpm	beats per minute	Int	internal	PC	present condition	Sup	supination / superior
c/o	complaining of	Inv	inversion	PCL	posterior cruciate ligament	TA	tendoachilles
Ca	cancer	IR	internal rotation	PE	pulmonary embolism	TENS	Transcutaneous electrical nerve stimulation
Caudad	caudad	-ive	negative	PF	patellofemoral	TFL	tensor fascia latae
Ceph	cephalad	jt	joint	PF	plantarflexion	THR	total hip replacement
CLBP	chronic low back pain	L/Lt	left	PFPS	patellofemoral pain syndrome	THREADS	thyroid / heart / rheumatoid arthritis

							/ epilepsy / asthma / diabetes / steroids
Con	concentric	Lat	lateral	PMH	past medical history	TKR	total knee replacement
COPD	chronic obstructive pulmonary disease	LBP	low back pain	PNF	proprioceptive neuromuscular facilitation	TMJ	temporomandibular joint
CVA	cerebrovascular event (stroke)	LCL	lateral collateral ligament	PoP	Pain on palpation	traps	trapezius
Cx	cervical	LFT	lower fibres of trapezius	POP	plaster of paris cast	TrP	trigger point
DDx	differential diagnosis	Ligs	ligaments	post- op	after surgery	TVA	transverse abdominus
Dep	depression	LL	lower limb	pre-op	before surgery	Tx	thoracic
DF	dorsiflexion	LLNT	lower limb neurodynamic test	PPIVM	passive physiological intervertebral mobilisations	UFT	upper fibres of trapezius
DF 5/5	dorsiflexion. full strength 5/5 Oxford scale	LOC	loss of consciousness	PROM	passive range of motion	UL	upper limb
DVT	deep vein thrombosis	Lx	lumbar	Protr	protraction	ULLT	upper limb tension test
Dx	diagnosis	max	maximum	PSIS	posterior superior iliac spine	+ /++ /+++	Present or noted/present

							significantly/ present in excess
Ecc	eccentric	MCL	medial collateral ligament	Pt	patient	ULNT	upper limb neurodynamic test
El/Ele	elevation	MCP	metacarpophalangeal	PT	personal trainer/physical therapy	US or U/S	ultrasound
EMS	early morning stiffness	Med	medial	PTSD	post-traumatic stress disorder	VAS /10	visual analogue scale
EMS (& settings)	electrical muscle stimulation	MET	muscle energy technique	PWB	partial weight bearing	VBI	vertebrobasilar insufficiency
EoR	end of range	MI	myocardial infarction	QL	quadratus lumborum	w/o	without
ER	external rotation	mm	muscle	quads	quadriceps	Ψ	psychological