Please use this resource to review the most common abbreviations and their meanings.

A

- a- before
- AAROM- active assistive range of motion
- Abd- abduction
- ACJ- acromio-clavicular joint
- ACL- anterior cruciate ligament
- Add- adduction
- ADL- activities of daily living
- AFO- ankle foot orthosis
- AKA- above knee amputation
- Amb- amputation
- AROM- active range of motion

B

- (b)- bilateral
- BID- twice a day
- BKA- below knee amputation

C

- C- with
- C/O – complains of
- CGA- contact guard assist
- CKC- closed kinetic chain
- CP- cold pack
- CPM- continuous passive motion
- CTx- cervical traction

D

- DJD- degenerative disc disease
- DF- dorsiflexion

E

- EStim- electrical stimulation
- ER- external rotation
- Ex- exercise
- Ev- eversion

F

- Flex- flexion
- FIM score- functional independence level
- FWB- full weight bearing
- Fx- fracture

G
GHJ- glenohumeral joint

H

HEP- home exercise program
H/o- history of
HOB- head of bed
HP- hot packs
HVGS- high voltage galvanic stimulation
Hx- history

I

i- independent
Inv- inversion
IR- internal rotation
ITB- iliotibial band

K

KAFO- knee ankle foot orthosis

L

LAQ- long arc quad
LBQC- large base quad cane
LCL- lateral collateral ligament
LE- lower extremity
LTG- long term goals

M

MCL- medial collateral ligament
MFR- myofascial release
Mus- muscle
MMT- manual muscle test
Mobs- mobilization

N

NWB- non weight bearing
NDT- neuro developmental technique

O

OKC- open kinetic chain

P

PCL- posterior cruciate ligament
PF- plantar flexion
PFS- patellofemoral syndrome
PNF- proprioceptive neuromuscular facilitation
PMHx- past medical history
Pro- pronation
PROM- passive range of motion
PT- physical therapist
PTA- physical therapy assistant
PWB- partial weight bearing

Q

Q- every
QC- quad cane
QD- every day
QID- four times a day

R

RIE-rest, ice, compression, elevation
ROM- range of motion
Rot- rotation
Rx- treatment

S

SAQ- short arc quad
SB- side bending
SBA- stand by assist
SBQC- small base quad cane
SC- straight cane
SLR- straight leg raise
SPC- single point cane
STM- soft tissue mobilization
Sup- supination

T

TENS- transcutaneous electrical stimulation
THA- total hip arthroplasty
Ther Ex- therapeutic exercise
TID- three times a day
TKA- total knee arthroplasty
TLSO- thoracic lumbar sacral orthosis
TTWB- toe touch weight bearing

U

UE- upper extremity
US- ultra sound

W

W/C- wheel chair
WFL- within functional limit
WNL- within normal limits