

APPENDIX

The following listing of abbreviations are some of the ones that are commonly used for chart notations. The list is not intended to be all encompassing and is not complete by any means.

GENERAL ALPHABETIC LISTING

A	assessment; artery; abortion or miscarriage; anterior; Achilles
a	ante; before; prior
a,aa	artery
AAA	abdominal aortic aneurysm
AAL	anterior axillary line (an imaginary line drawn down from the front of the armpit)
Ab	abortion or miscarriage; antibody
AB	antibiotics
abd	abduction
ABD	abdomen
abn	abnormal
abs	absent
ac	before meals
AC	acromioclavicular
ACE	axial compression in extension
ACELR	axial compression in extension with left rotation (maximum cervical compression)
ACERR	axial compression in extension with right rotation (maximum cervical compression)
acid phos	acid phosphatase
ACJ	AC joint; acromioclavicular joint
ACLF	axial compression in left lateral flexion (foramina compression)
ACLRL	axial compression in left rotation (Jackson test)
ACN	axial compression neutral (foramina compression)
ACRF	axial compression in right lateral flexion (foramina compression)
ACRR	axial compression in right rotation (Jackson test)
act	active, activator, activator adjustment
act adj	activator adjustment
ACTH	adrenocorticotrophic hormone
AD	antidepressant (medication); anterior deltoid
add	adduction
ad feb	fever present
ADH	anti-diuretic hormone
Adj(adj)	adjustment; Specified Chiropractic Adjustment
ADL	activities of daily living
ad lib	as desired
ADP	adenosine diphosphate
AF	atrial fibrillation (an irregular heart rhythm)
AFB	acid fast bacilli (tuberculosis bacteria)
Ag	antigen
A/G (A:G)	albumin/globulin ratio
agg	aggravated
AI	anti-inflammatory (medication)
AIDS	acquired immunodeficiency syndrome
AKA	also known as
alk phos	alkaline phosphatase
ALL	anterior longitudinal ligament
ALS	amyotrophic lateral sclerosis
Alt	alternate

ALT	alanine aminotransferase (formerly SGPT)
am	morning
AMA	against medical advice
amb	ambulatory
AMPLE	allergies, medications, PMH, LMP, events of illness
ANA	anti-nuclear antibodies
anat.	anatomical
ANS	anterior
ant	anterior
Antcx	anterior cruciate
A&Ox4	alert and oriented to person, place, time and situation
AP	anterior-posterior
APGAR	appearance, pulse, grimace, activity, respirations
apr	apprehension
ARC	AIDS related complex
AROM	active range of motion
AS	ankylosing spondylitis
ASA	acetylsalicylic acid; aspirin
ASAP	as soon as possible
ASCVD	atherosclerotic cardiovascular disease
ASD	atrial septal defect
ASHD	arteriosclerotic heart disease (heart disease due to "hardening of the arteries")
ASIS	anterior-superior iliac spine
ASO	antistreptolysin O
AST	aspartate aminotransferase (formerly SGOT)
ASVD	arteriosclerotic vascular disease
asym	asymmetrical
ATP	adenosine triphosphate
atr	atrophy
AV	atrioventricular, atriovenous
ax	axilla
AXR	abdomen X-ray

B	brisk; burning (pain)
B,	bilateral
BBB	bundle branch block
BBT	basal body temperature (body temperature taken first thing in the morning-usually recorded to determine fertile times of the month)
BCP	birth control pills
B4	before
BE	backward elevation; barium enema
BEF	bony end feel
BID,bid.	twice daily
bili	bilirubin
BKA	below knee amputation
Bkwd	backward
BM	bowel movement; bone marrow; black male
bm k	birthmark
BMR	basal metabolic rate
bog	bogginess of tissue
BP	blood pressure
BPH	benign prostatic hypertrophy (enlarged prostate-common in older men)
BPM	beats per minute
BR	bathroom

Brag	Braggard's test
BRBPR	bright red blood per rectum (hematochezia)
BRP	bathroom privileges
BS	bone scan; blood sugar; breath sounds; bowel sounds
BSE	bilaterally symmetrical and equal (DTRs)
BSN	bowel sounds normal
BT	bitemporal
BTR,btr	better
B/T	between
BTWN,btwn	between
BUN	blood urea nitrogen (a measure of kidney function)
Bx	biopsy
B9	benign

C	cervical spine; celsius, centigrade
c,c, w/	(cum) with (s or w/o without)
C1-C7	first through seventh cervical vertebrae
CA	cancer
Ca	carcinoma (cancer); calcium
ca	about (circa)
CABG	coronary artery bypass graft
CAD	coronary artery disease
CADS	cervical acceleration/deceleration syndrome
cap	capsule
CAT	computerized axial tomography
CBC	complete blood count
CBR	complete bed rest
CC,C/C	chief complaint
CC8	chief complaint improved
CC6	chief complaint static or unchanged
CC9	chief complaint worse
CC-	chief complaint inconsistent
C-D	cervicodorsal
CDA	crystal deposition arthropathy
CF	cystic fibrosis
CFM	cross friction massage
CHD	coronary heart disease
CHF	congestive heart failure
CHO	carbohydrate
chr	chronic
CI	contraindication
CIB	call in basis
Cl	chloride
cm	costal margin
cm.	centimeter(s)
CMC	carpometacarpal joint
cmp	chiropractic manipulative treatment; technique
CN	cancel(-ation); cranial nerve
CNI-CN XII	cranial nerves 1 through 12
CNP	cannot perform
CNS	central nervous system
CO,co	complains of
C/O,c/o	complains of
CO2	carbon dioxide
coc	coccyx

cons	consult
const	constant
cont	continue
Contra	contraindication
Contralat	contralateral
CPOD	chronic obstructive pulmonary disease
Cor	heart
CP	cervical pillow; cold pack; cerebral palsy
CPK	creatine phosphokinase
CPPD	calcium pyrophosphate arthropathy
CPR	cardiopulmonary resuscitation
CPSM	cervical paraspinal musculature
cr	cranial
crep	crepitation(s)
CRF	chronic renal (kidney) failure
CRP	C-reactive protein
Cryo	cryotherapy...time & area
CSF	cerebrospinal fluid
Csp	cervical spine
CSPT	cervical support
C&S	culture and sensitivity (culture to look for bacteria causing an infection and find out what antibiotics can treat it)
C sect.	Cesarean section
CT	cervical-thoracic; carpal tunnel; computer tomography; cervical towel
CTA	connective tissue arthropathies
CTjct	cervical-thoracic junction/region
CTS	carpal tunnel syndrome
CV	cardiovascular
CVA	cerebrovascular accident (stroke); costovertebral angle (mid back area overlying the kidneys)
CVAT	costovertebral angle tenderness
CVJ	costovertebral joint
c/w	consistent with
Cx	cervix; culture
cx	coccyx
CXR	chest X-ray

D	dorsal; the right
Dsp,D sp	dorsal spine (thoracic spine)
D1-D12	dorsal spine segments 1 through 12 (thoracic spine)
d	dull
/d	per day
D/A	date of accident
DAC	discharge as cured
DAMA	discharged against medical advice
dbl	double
d/c	discontinued
D&C	dilatation and curettage
DD	differential diagnosis
DDD	degenerative disc disease
DDx	differential diagnosis (a list of possible causes for symptoms)
def	deficiency
deg	degenerate(-tion); degree(s)

delt	deltoid
dev	deviation(-ate)
DF	dorsiflex(-ion)
DI	drop-in
D/I	date of illness; date of injury
Dia	diathermy
DIFF	differential blood count (a test of numbers and types of white blood cells in the blood)
dim	diminished
DIP	distal interphalangeal (finger or toe joint farthest from the hand or foot)
DISH	diffuse idiopathic skeletal hyperostosis
distrx	distraction
div	diversified
DJD	degenerative joint disease
DJD-O	degenerative joint disease - osteo type
DJD-R	degenerative joint disease - rheumatoid type
DKA	diabetic ketoacidosis
D-L	dorsolumbar
DLMP	date of last menstrual period
DM	diabetes mellitus
DOB	date of birth
DOE	dyspnea on exertion (shortness of breath on walking or going up stairs)
DOI	date of injury
DP	drop pelvic (technique); dorsalis pedis
DPAT	decreased pain after treatment
Dperc	digital percussion
DPSM	dorsal paraspinal musculature
DPT	diphtheria, pertussis, tetanus
DT	diathermy
d.t.	due to
DTR	deep tendon reflexes
DVT	deep vein thrombosis
DX,dx	diagnosis

E,Ex	examination
EAM	external auditory meatus
EBL	estimated blood loss
EBV	Epstein-Barr virus
Ecare	emergency care
ECT	electroconvulsive therapy
E/D	extension-distraction
EDC	estimated date of confinement
EEG	electroencephalogram
EENT	eyes, ears, nose, throat
EHL	extensor hallucis longus
EKG,ECG	electrocardiogram
EM	extremity manipulation
E&M	evaluation and management
EMG	electromyography
EMS,ems	electrical muscle stimulation
EMT	emergency medical technician
ENT	ear, nose, throat
EOA	erosive osteoarthritis
EOM	extraocular movement (eye movement)

EOMI	external ocular muscles intact
EORP	end of range pressurer
EP	end play
ER	extension restriction; emergency room
ES	electrical stimulation
esp	especially
ESR	erythrocyte sedimentation rate (a test that gives a rough measure of inflammation or infection)
ess	essentially
et.	and
etiol	etiology
ETOH	alcohol; alcoholic (sometimes written "EtOH"); ethanol (intoxication)
ETT	exercise tolerance test
EUA	examine under anesthesia
ev	eversion
eval	evaluation(-ed)
eve	evening
exac	exacerbation(ed)
exam	examination
exp	expiration
Ext,ext	extension; external; exterior; extensor
exs ,exer	exercise(s)

F	Fahrenheit; female; forward; flexion
FA	first aid
FANA	Fluorescent antinuclear antibody (a test for lupus)
FBS/FBG	fasting blood sugar/glucose
FC	foraminal compression
FCNS	fever, chills, night sweats
FD	fibrous dysplasia
F/D	flexion distraction
FE	forward elevation
Fe	iron
FEV1	forced expiratory volume in one second
FF	forward flexion
FFR	forward flexion restriction
FH,FHx	family history
FIX,fix	fixation
flac	flaccid
Flx	flexion
FM	friction massage
FM/S	friction massage with stretching
F-N	finger to nose test
FR	flexion restriction
freq	frequency(-ent)
FROM	full range of movement
FS	full spine
FTA-ABS	fluorescent treponemal antibody-absorbed (a test for syphilis)
F/U,FU	follow-up
f/up	follow-up
FUO	fever of undetermined origin
Fx	fracture
FXN,fxn	fixation

g	gram
G	gravida (number of pregnancies)
G5	vibratory-oscillating-percussive
Galv	galvanic current (positive or negative)
GC	gonorrhea
GGT	gamma-glutamyl transpeptidase
GHJ	glenohumeral joint
GI	gastrointestinal
GM	gram
gmax	gluteus maximus
gmed	gluteus medius
gmin	gluteus minimus
G/P/A	gravida/para/aborta
GPF	gross physical findings
gr	grain
grad	gradually(-ated)
GSW	gunshot wound
gt,gtt	gutta (drop, drops)
GTT	glucose tolerance test
GU	genitourinary
GYN	gynecologist
h,hr,HR	hour
H2CO3	carbonic acid
HA	headache
HADD	hydroxyapatite deposition disease
Ham	hamstring
Hb,hgb	hemoglobin
HBAg	hepatitis B antigen (also HAA, HBg, Ag)
HBP	high blood pressure
HC1	hydrochloric acid
HC	house call; handicapped
HCG	human chorionic gonadotropin (a test for pregnancy)
HCO	bicarbonate
Hct	hematocrit (blood count)
HDL	high density lipoprotein
H&E,H/E	history and examination
HEENT	head, eyes, ears, nose, throat
HEP	hard end play
hern	herniation
Hg	mercury
Hgb	hemoglobin
HH	hiatal hernia
H/H,H&H	hemoglobin and hematocrit
HIV	human immunodeficiency virus (human T-lymphocyte virus)
HLA	histocompatibility locus antigen
HMP	hot moist (heat) packs
HNP	herniated nucleus pulposus
H/O	history of
HP	hot pack
H&P	history and physical
Hperc	hammer percussion
HPI	history of present illness (injury)
HR	heart rate

/hr.	per hour
HS,h.s.	hora somni (hour of sleep-at bedtime)
H-S	heel to shin test
HSM	hepatosplenomegaly
HSV	herpes simplex virus
HT	hypertonus (-ic); hypertension; heel/toe walk test
ht.	height
HTLV-III	human lymphotropic virus-type III
HTN	hypertension (high blood pressure)
HV	high volt
HVG	high volt galvanic (positive or negative)
H/W	height/weight
Hx,HX	history
hyst	hysterectomy; hysterical
IC	intercostal; intermittent claudication
ICS	intercostal space
ICU	intensive care unit
I&D	incision and drainage
IDDM	insulin dependent diabetes mellitus
IDS	intervertebral disc syndrome
IF,IFC	interferential therapy
Ig	immunoglobulin
IgA	albumin
IgD	beta
IgE	gamma
IgG	alpha-1
IgM	alpha-2
IM	intramuscular (injection)
imm	immediate
imp	improved; impression
INB	if not better/improved
Incid	incidence
inf	inferior
INH	isoniazid (a medication for tuberculosis)
insp	intermittent; intermediate; internal; interior
inv	inversion; involuntary
I&O	intake and output
IPJ	interphalangeal joint
ipsi	ipsilateral
ISI	inferior sacroiliac
ISL	interspinous ligament
I/Trx	intersegmental traction
IU	international unit
IUD	intrauterine device
IV	intravenous
IVC	inferior vena cava
IVD	intervertebral disc
IVF	intervertebral foramen
IVP	intravenous pyelogram (kidney X-ray)
IVU	intravenous urogram
J,jt,jt.	joint
JCA	juvenile chronic arthritis

JCT,jct	junction
JODM	juvenile onset diabetes mellitus
JRA	juvenile rheumatoid arthritis
JVD	jugular venous distension
JVP	jugular venous pulse (visible pulsation in the jugular vein in the neck)
K+	potassium
KC	knee-chest
Kg,Kgm	kilogram
KI	potassium iodide
KUB	kidney, ureter, bladder (abdomen X-ray)
kVp	kilovoltage potential
L,	left
L	lumbar; lumbar spine; low, lower
L1-L5	first through fifth lumbar vertebrae
L+A	light and accommodation (pupil reflexes)
Lab	laboratory
LAE	left atrial enlargement
LAM	laminectomy
LAO	left anterior oblique
Lat	lateral
lat flex	lateral flexion
LB	low back
lb	pound
LBp,LBP	low back pain
LC	lower cervical
lc	longus colli
LCUD	lower cervical-upper dorsal
LD	lower dorsal
LDH	lactic dehydrogenase
LDL	low density lipoprotein
LE	lower extremity; lupus erythematosus
LE prep	lupus erythematosus cell preparation
LEF	ligamentous end feel
LF	ligamentum flavum
LFT	low force technique
Lib	Libman's test
Lig	ligament
LJA	Luschka joint arthrosis
LLE	left lower extremity (left leg)
LLF	left lateral flexion
LLFR	left lateral flexion restriction
LLL	left lower lobe of the lung
LLQ	left lower quadrant of the abdomen
LMNL	lower motor neuron lesion
LMP	last menstrual period
LMT	licensed massage therapist
LNMP	last normal menstrual period
LOC	loss of consciousness
LOD	line of drive
LOM	limitation of motion
LP	lumbar puncture
LPO	left posterior oblique

LPSM	lumbar paraspinal musculature
LR,LROT	left rotation
L-R	left to right
LRR	left rotation restriction
LS,L/S,L-S	lumbosacral; lumbar sacral
L1-5	lumbar segments one through five
L5-S1	lumbar segment five and sacral segment 1; lumbosacral
LSB	left sternal border (lower edge of the rib cage on the left)
Lsp	lumbar spine
LSPT	lumbar support
LUE	left upper extremity (left arm)
LUL	left upper lobe of the lung
LUQ	left upper quadrant
LV	left ventricle (a chamber of the heart)
LVG	low volt galvanic (positive or negative)
LVH	left ventricular hypertrophy (thickening of the left ventricle)
LVSC	levator scapula
lytes	electrolytes (Na-sodium, K-potassium, Cl-chloride, CO2-carbon dioxide)
M	murmur
m,m.,mm	muscle
/m	per month
mA	milliampere
man	manipulate; manual
mAs	milliampere seconds
MC	mid cervical; metacarpal
MCjt	metacarpal joint
MCjt	metacarpal joint
MCH	mean corpuscular hemoglobin
MCHC	mean corpuscular hemoglobin concentration
MCJ	metacarpal joint
MCL	mid clavicular line (an imaginary line drawn from the middle of the collarbone)
MCP	metacarpophalangeal joint (the joints between hand and fingers and foot and toes)
MCV	mean cell volume; mean corpuscular volume
MD	middorsal; medical doctor
med	medial; median; medical; medication
MEF	muscular end feel
meq	milliequivalent (a unit of measurement)
mets	metastasis
MFTP	myofascial trigger point
Mg	magnesium
MG,mg	myasthenia gravis; milligram
mg%	milligrams percent (mg. per 100 ml.)
MgSO4	magnesium sulfate
m,g,r	murmurs, gallops, or rubs (abnormal heart sounds) (letters may be circled)
MH	moist heat
MI	myocardial infarction; mitral insufficiency
/min.	per minute
ml.	milliliter(s)
ML	mid lumbar
mo	month
mm	millimeters; muscle
MM	multiple myeloma
MMI	maximum (medical) improvement

MMR	measles, mumps, rubella
mob	mobilize
mod,2	moderate
MOM	milk of magnesia
MN	midnight
MP	motion palpation; mammillary process; metatarsophalangeal
MR	muscle relaxant (medication)
MRI	Magnetic resonance imaging
ms,m s	muscle spasm
MS	multiple sclerosis; mitral stenosis
mss	massage
MTrx	manual traction
MT	metatarsal
MTJ	metatarsal joint
MTP	metatarsophalangeal joint
MUA	manipulation under anesthesia
MUS	manipulation under sedation
Musculocut	musculocutaneous
MVA	motor vehicle accident
Myo	muscle; electrical muscle stimulation
N	normal; negative
n/l	normal limits
NA,Na+	sodium
N/A	not applicable
Na	sodium
NAA	no apparent abnormalities
NAC	no appreciable change
NaCl	sodium chloride
NAD	no acute distress
NARE	no apparent residual effects
NB,n.b.	(nota bene) note well
NBM,NPO	nothing by mouth
NC	no change; noncontributory
N/C	no complaints
NCV	nerve conduction velocity
NE	not evaluated; not examined
Neg	negative
neuro	neurology
NF	not found; negro female
NG	nasogastric
NGU	nongonococcal urethritis
NIDDUM	non-insulin-dependent diabetes mellitus
NK	not known
NKA,NKDA	no known drug allergies
NKCTM	no known contraindications to manipulation
NM	negro male
NMR	neuro-muscular reflex
NMS	neuromusculoskeletal
noct	nocturnal, night
non rep.	don't repeat
NO Rad	no radicular symptoms
NO SDS	no sensory disturbances
NP	new patient; not performed
NPH	neutral protamine hagedorn (insulin)
NPO	nothing by mouth

NR	normal range; no radiation
NS	normal saline solution
NSA	no significant abnormality
NSAID	non-steroidal anti-inflammatory drugs
NSC	no significant change
NSO	Nonspecific onset
NS(V)D	normal spontaneous (vaginal) delivery
NSR	normal sinus rhythm
N/T	numbness and tingling
N&V,NV	nausea and vomiting
Nyst	nystagmus
O	objective
o	no
O2, Ox	oxygen
OA	osteoarthritis
Ob	obstetrics
OB/GYN	obstetrics and gynecology
obl	oblique
OBS	organic brain syndrome
obs	obese
OC	oral contraceptive
OCA	oral contraceptive agent
OCC,occ	occasional; occiput
Occ	occasional
OCG	oral cholecystogram (gall bladder X-ray)
OD,od	right eye;overdose
OF	occipital-frontal
OIC	obtained informed consent
OMT	osteopathic manipulative treatment; osteopathic manipulative therapy
o/o	on and off, intermittent
OOB	out of bed
OOW	out of work
OP	over pressure (to pasive limits); opposite; osteopenia; osteoporosis
O&P	ova and parasites
OPLL	ossification of posterior longitudinal ligament
OR	operating room
ortho	orthopedic
OS,os	left eye; opening snap
OTC	over-the-counter (sold without a prescription)
OTJ	on the job injury
OU,ou	both eyes
OV	office visit
oz	ounce
P,	pain
P	Patella
P	pinch(-ing) pain; plan; procedure; number of childbirths; pulse; after; following
p	pain
p-	para
P&A	percussion and auscultation (tapping on the upper back and listening with a stethoscope to check the lungs)
PA	posterior-anterior
PAL	posterior axillary line
Pap	papanicolaou smear
PAPED	papilledema

par	parietal
Para.	parasympathetic
Pass	passive
PAT	paroxysmal atrial tachycardia (a rapid abnormal heart rhythm)
Path	pathology, pathogens, pathogeneels
PB	pelvic bench
PBI	protein bound iodine
PC	phone call
pc	after meal
P-C	paracervical (muscles)
PCE	physical capacity evaluation
PCN	penicillin
PCS	post-concussion syndrome
PD	pelvic deficiency (short leg)
PDPR-%	patient describes pain reduction as _%
PDR	Physicians Desk Reference
PDU	patient demonstrated understanding
PE,P.E.	physical examination; physical education; pulmonary embolism
Pec	Pectoralis
PecM	pectoralis major
pecm	pectoralis minor
PECO	patient entering complaining of
perc	percussion
PER-RLA	pupils, equal, round, react to light and accommodation
pert.	pertaining
PF,PFix	plantar flexion
PFT	pulmonary function test
PG,Pg,preg	pregnant
PH,PHx	past history
pH	hydrogen ion concentration
PI	personal injury; personal illness
PID	prolapsed intervertebral disc; pelvic inflammatory disease
PIP	proximal interphalangeal joint (finger or toe joint closer to the hand or foot)
piri	piriformis
PIS	pre injury status
PJA	posterior joint arthrosis
PJP	Palpated joint prominence
PKU	phenylketonuria
PK-YRS	cigarettes smoked (in packs per day) x years smoking
PL	primary lesion; placebo
P-L	paralumbar (musculature)
PLL	posterior longitudinal ligament
plp,palp	palpation(-ate)(-atory)(-able)
plpn	palpatory pain
pm	afternoon; physical medicine
Pmaj	pectoralis major
PMD	private medical doctor
Pmeds,pnmeds	pain medication(s)
PMH	past medical history
PMI	point of maximal impulse (place where the heartbeat can be felt on the chest)
PMN	polymorphonuclear leukocyte (neutrophil)
PMS	premenstrual syndrome
Pn	pain
Pn-	pain, radiating
PND	paroxysmal nocturnal dyspnea (waking up at night short of breath)
PNF	proprioceptive neuromuscular facilitation

PO,po	parieto-occipital; postoperative; by mouth
P.O.	phone order
PO4	phosphorous
polys	neutrophils
PONS	physical, orthopedic, neurologic examination
POS	place of service
pos, +	positive
poss	possible
post	posterior
Postcx	posterior cruciate
postop	after surgery
Pov	past office visit
pp	post prandial
PPD	permanent partial disability; purified protein derivative (skin test for tuberculosis)
PR	pulse and respiration; public relations; partial remission
PRAE	patient responding as expected
preg	pregnant
preop	before surgery
PRN,prn	as needed; as occasion requires
prob	probable
prod	produced
prog	prognosis
prom	prominent
PROM	passive range of motion
pron	prone, pronation(-ated)
prox	proximal
PS	pubic symphysis
PSIS	posterior-superior iliac spine
PSS	progressive systemic sclerosis
PSVT	paroxysmal supraventricular tachycardia (a rapid abnormal heart rhythm)
Pt	patient
PT	physical therapy; posterior tibial; paroxysmal tachycardia; patient; prothrombin time (a test of blood clotting)
PTA	posttraumatic amnesia; prior to admission
Pt.ed	patient education
PTH	parathyroid hormone
PTPW	patient tolerated procedure well
PTT	partial thromboplastin time (a test of blood clotting)
PUD	peptic ulcer disease
PV	paravertebral
PVC	premature ventricular contraction
PVM	paravertebral muscles
PVOD	peripheral vascular occlusive disease
pw	paperwork
pwb	partial weight-bearing
Px	paresthesia(s); physical examination; prognosis
Px-	paresthesia(s), radiating
Q,q	(quoque) each, every; quart
QA	quality assurance; appropriateness
q.a.m.	every morning
qd	once a day
q.d.	every day
q.h.	every hour
q2h	every two hours
q4h	every four hours

qid	four times daily
QL	quadratus lumborum
qod	every other day
q.p.m.	every afternoon/evening
qs	quantity sufficient
quotid	every day
Q.V.	as much as you will
R,	right; resisted; reinforced (-ment); respiration; rectum
RA	rheumatoid arthritis; right atrium; right auricle; right arm
rad	radiating; radial
Rad	radiology
RAM	rapid alternating movements
RAO	right anterior oblique
RAP	profile
RBC	red blood cell
RDA	recommended daily allowance
REA	round equal and active pupils
Rec	recommend; recent; recurrent
ref	refer(-red)
rel	elief(-ieved)
REM	rapid eye movement
REP	reduced end play
rep	let it be repeated
resp	respiration
rev	reviewed
RF	rheumatoid factor/rectus femoris
RFF	rising from flexion
RFSS	rising from sitting to standing
RFT	reduced force technique
RHD	rheumatic heart disease
rhom(b)	rhomboid
RIA	radioimmunoassay
RICE	rest, ice, compression, elevation
R-L	right to left
RLE	right lower extremity (right leg)
RLF	right lateral flexion
RLFR	right lateral flexion restriction
RLL	right lower lobe of the lung
RLQ	right lower quadrant of the abdomen
RML	right middle lobe of the lung
R/O	rule out
ROF	report of findings
ROM	range of motion
ROS	review of systems
ROT	rotation
ROV	return to office
RPCC	replicates pain of chief complaint
RPMC	replicates pain of main complaint
RPO	right posterior oblique
RPR	rapid plasma reagin (test for syphilis)
RR	recovery room; right rotation
RR,RRROT	right rotation
R&R	report and recommendation
R+R	rate and rhythm of the heartbeat
RRE	round regular equal (pupils)

RROM	restricted range of motion
RRR	right rotation restriction; regular rate and rhythm
RSR	regular sinus rhythm
Rt,R,	right
RTC	return to clinic
RTW	return to work
RUE	right upper extremity (right arm)
RUL	right upper lobe of the lung
RUQ	right upper quadrant of the abdomen
Rx,RX	recommended therapy; prescription; treatment
S	sharp (pain); stretch; subjective; sacrum
s	without (sine)
s, s	spasm
S1	first sacral segment; first heart sound
S2	second sacral segment; second heart sound
SA S/A	subjective assessment
SA 1-10	subjective assessment graded on a scale 1 through 10
S/A5	subjectively 50% improved
S/A6	subjectively 60% improved
S&A	sugar and acetone
SAB	same as before
sac	sacrum
sant	scalenus anticus
SB	side bending
SC	subluxation complex
SCJ	sternoclavicular joint
scl	subclavius(-ion)
SCM	sternocleidomastoideus
SCMT	specific chiropractic manipulative technique
sec	seconds
SED	sedimentation
seg	segment(-al)
sev	severe
sfc	surface
SGOT	serum glutamic-oxaloacetic transaminase
SGPT	serum glutamic-pyruvic transaminase
Sgy	surgery
SH	social history
SHR	scapulohumeral rhythm
SI	sacroiliac
SIDS	sudden infant death syndrome
sig	significant; signa (write on label)
sl	slight
SL	spondylolisthesis
SLE	systemic lupus erythematosus
SLP	short leg, prone
SLR	straight leg raise
SLS	short leg, supine
SM	self massage
SMA	sequential multiple analyzer (blood chemistry screen)
SMAC	sequential multiple analysis chemistry (serum chemistry)
smed	scalenus medius
SMT	spinal manipulative treatment (therapy)
SNSA	seronegative spondyloarthropathies
SO	suboccipital

S-O	salpingo-oophorectomy
SOAP	subjective, objective, assessment, plans
SOB	shortness of breath
SOL	space occupying lesion
SOS	step-off sign (spondylo)
s.o.s.	if occasion requires; if necessary
SP	spinous process; symphysis pubis; systolic pressure
S/P	status post (after or previous)
Sp, Spr	sprain
SPE	(serum) protein electrophoresis
SPF	standard procedure followed
spondy	spondylosis
spondylo	spondylolisthesis
sp/st	sprain/strain
SS	saline solution; sickle cell; half
S/S	signs and symptoms
SSI	superior sacroiliac
SSLR	sitting straight leg raise
ssp	supraspinatus
St, Str	strain
Stab	stable, stabilize(-ity)
Staph	staphylococcus
STAT	immediately
STD	sexually transmitted diseases
STH	somatotropic hormone
stim	stimulate(-tion)
STM	soft tissue massage
STS	serologic test for syphilis; soft tissue swelling
ST/sp	strain/sprain
subQ	subcutaneous
sup	supine, supination, superior
surf	surface
surg	surgery
SVC	superior vena cava
sw	swelling, swollen
SWD	shortwave diathermy
Sx, Sy	symptoms; subjective; surgery
sym	symmetrical
SZ	seizure
S1-S5	first through fifth sacral segments
T	thoracic; tender, transverse; temperature
T3	triiodothyronine
T4	thyroid hormone; thyroxin
T&A	tonsils and adenoids(-ectomy)
T&T	taut & tender
T.AB.	therapeutic abortion
tab	tablet
TAH	total abdominal hysterectomy
TAHBSO	TAH with bilateral salpingo-oophorectomy
TB	tuberculosis
TBR	total bed rest
tblsp	tablespoon
TCI	transient cerebral ischemia
TD	total disability; therapy discontinued
Tdx	tentative diagnosis

Temp	temperature
tend	tenderness
TENS	transcutaneous electrical nerve stimulation
TF	tuning fork
TFM	traction friction massage
TFT	transverse friction therapy
TGs	triglycerides
TH	thoracic or dorsal spine
THEREX	therapeutic exercise
TIA	transient ischemic attack (a stroke-like episode that resolves completely within less than a day)
TIBC	total iron-binding capacity
t.i.d.	three times a day
TJ	triceps jerk
T-L	thoracolumbar
TM	teres major; temporo mandibular, tympanic membrane
TMJ	temporomandibular joint (the joint between the skull and the jawbone)
TMT	tarsometatarsal joint
TNT	tight but non tender
TNTC	too numerous to count
T.O.	telephone order
TOD	time of day
TOS	thoracic outlet syndrome, type of service
TP	trigger point; transverse process
TPRBP	temperature, pulse, respiration, blood pressure
TPT	trigger point therapy
TPW	tolerated procedure well
tr	trace
Trac	traction (continuous or intermittent)
TRAM	treatment response assessment method
trans	transitional
trap	trapezius
TRIEOE	to return in event of exacerbation
TRINB	to return if not better
troch	trochanter(-ic)
Trx	traction
TSH	thyroid stimulating hormone
TPSM	thoracic paraspinal musculature
T&T	taut and tender
TTF	taut-tender fibers
TTT	tender to touch
TURP	transurethral resection of prostate
tw	twice a week
Tx	treatment
T*	tingle(-ing)
T1-T12	first through twelfth thoracic vertebrae
U	upper; urine
u	unilateral
u.	units
UA	urine analysis; uric acid
UC	upper cervical
ud	ut dictum (as directed)
UD	upper dorsal; ulnar deviation
UE	upper extremity
UGI	upper GI series

ULN	upper limits of normal
uln	ulnar
umb	umbilicus
UMN	upper motor neuron
UMNL	upper motor neuron lesion
UOV	unscheduled office visit
UOVDTP	unscheduled office visit due to pain
UR	utilization review
Ur	urine
URI	upper respiratory infection
US/ES	ultrasound/electrical stimulation
US,Us	ultrasound (combined, continuous pulsed)
UT	upper thoracic; ultratherm diathermy
UTI	urinary tract infection
UV	ultraviolet
V,w	vein
VA	visual acuity; vertebral artery
vag	vagina(-al)
VAGHYST	vaginal hysterectomy
val	valgus
var	varus
VAS	vascular amplitude surge (Mannkopf's; vertebral artery syndrome)
vb	very brisk
VBI	vertebro-basilar insufficiency
VD	venereal disease
VDRL	Venereal Disease Research Laboratory (test for syphilis)
vert	vertebral; vertebrae; vertebra
VFI	visual fields intact
vis	visual, visible
VLDL	very low density lipoprotein
VM	vibratory massage
VMA	visible muscle asymmetry
v.o.	voice order
VS,v.s.	vital signs
vsc	vertebral subluxation complex
VSS	vital signs stable
w	vein(s)
w	which; with
w,wk	week
WBC	white blood count
w/,c	with
w/cm2	walls per square centimeter
WD	well developed
W/D	withdraw
WDWN	well-developed, well-nourished WFwhite female
WH	wet heat
wk	week
WM	well muscled; white male
W/M	white male
WN	well nourished
WNL	within normal limits
w/o,s	without
WR:	work restrictions
/w	per week

wt	weight
W/U	work up
X,Xs	time; times
x	except
x	subluxation
x	vertex
XR	X-ray
yest	yesterday
YIF	yeast infection
YO	year old
YOF	year old female
YOM	year old male
YOBF	year old black female
YOBM	year old black male
YOWF	year old white female
YOWM	year old white male
y/o	year old
yr	year
2ya	2 years ago

SYMBOLS

<	less than; before; less to
>	greater than; after; more to causing
6	leading to, producing
8	increased(-ing)
88	much increased
9	decreased(-ing)
99	much decreased
+	positive, present
-	negative, normal, absent
-	approximately
\$	related to
&	female
%	male
+/o	off and on, intermittent
?	question(s), questionable
	yields
\$	money; financial concerns
	Standing
	Sitting
	Recumbent; lying
	Lying with knees flexed
Î to	change to
1E	primary; first degree
2E	secondary; second degree
3E	tertiary; third degree
O,i	no change
2E	secondary (due to)
Bi	bilateral
Lt	left
Rt	right
Pn	pain

tn tenderness

ANATOMY

Muscles and Ligaments

delt	deltoid
EHL	extensor hallicus longus
gmax	gluteus maximus
gmed	gluteus medius
gmin	gluteus minimus
Ham	hamstring
ISL	interspinous ligament
Lig	ligament
lc	longus colli
m,mm	muscle
P-C	paracervical (muscles)
P-D	pardorsal (muscles)
P-L	paralumar (muscles)
P-T	parathoracic (muscles)
Pec	pectoralis
Pmaj	pectoralis major
piri	piriformis
rhomb(b)	rhomboid
sant	scalenus anticus
scl	subclavius
SCM	sternocleidomastoid
smed	scalenus medius
SP	spinous process
sp	spine
ssp	supraspinatus
TFL	Tensor fascia lata
tm,tmaj	teres major
trap	trapezius

Joints

AC	acromioclavicular joint
CJ	coxal joint
CS	chondrosternal joint
CVJ	costovertebral joint
GHJ	glenohumeral joint
IVD	intervertebral disc
J	joint
Jt,jt	joint
L-S,L/S	lumbosacral
PS	pubic symphysis
SCJ	sternoclavicular joint
SI	sacroiliac joint
TMJ	temporomandibular joint

Bones/Regions/Relationships

AAL	anterior axillary line
ant	anterior

AP	anterior-posterior
ASIS	anterior-superior iliac spine
asym	asymmetrical
ax	axilla
B,	bilateral
BT	bitemporal
C	cervical
C1-7	cervical spinal segments 1-7
CC	costochondral
C-D	cervico-dorsal
CM	costal margin
Contralat	contralateral
cr	cranial
CS	costosternal
Csp	cervical spine
cx	coccyx
D	dorsal
D-L	dorsolumbar
Dsp	dorsal spine
D1-12	dorsal spinal segments 1-12
EAM	external auditory meatus
EENT	eyes, ears, nose, throat
ext	external
FS	full spine
GI	gastrointestinal
GU	genitourinary
Ipsi	ipsilateral
IS	iliac spine
L	left; lumbar
Lat	lateral
LB	low back
LC	lower cervical
LCUD	lower cervical-upper dorsal
LCUT	lower cervical-upper thoracic
LD	lower dorsal
LE	lower extremity
LL	lower lumbar
L/S,L-S	lumbosacral
Lsp	lumbar spine
LT	lower thoracic
L1-5	lumbar spinal segments 1-5
MC	mid cervical
MD	mid dorsal; medical doctor
med	medial; median
ML	mid lumbar
MT	mid thoracic; metatarsal

occ	occasional; occiput
OF	occipitofrontal
p-	para
PA,P-A	posterior-anterior
PAL	posterior axial line
PS,P/S	paraspinal
PSIS	posterior-superior iliac spine
R,	right
Rad	radial
S1-5	sacral segments 1-5
sac	sacrum
SC	sacrococcygeal; supraclavicular
seg	segment(-al)
SI	sacroiliac
SO	suboccipital
SS	supraspinatus
T1-12	thoracic segments 1-12
T	thoracic; tranverse
T-L	thoracolumbar
troch	trochanter(-ic)
Tsp	thoracic spine
UC	upper cervical
UD	upper dorsal
UE	upper extremity
uln	ulnar
Umb	umbilicus
Vag	vagina(-al)
Vert	vertebral
Vx	vertex

BODY (PART) MOTION/POSITION

abd	abduction
Act	active
add	adduction
amb	ambulatory
ant	anterior
AP	anterior-posterior
asym	asymmetrical
BE	backward elevation
cntl	contralateral
dev	deviation
DF	dorsiflex(-ion)
dist	distraction
E/D	extension-distraction
EP	end play

ev	eversion
exp	expiration
ext	extension
F/D	flexion-distraction
FE	forward elevation
Flex	flexion
Flx	flexion
insp	inspiration
inv	inversion; involuntary
I/Trx	intersegmental traction
KC	knee-chest
L,	left
L	lumbar
Lat	lateral
LLF	left lateral flexion
LR,LROT	left rotation
Lsp	lumbar spine
PA	posterior-anterior
Pass	passive
PF	plantar flexion
post	posterior
pron	prone(-ation)
prox	proximal
PWB	partial weight bearing
R,	right
RFF	rising from flexion
RFSS	rising from sitting to standing
RLF	right lateral flexion
ROM	range of motion
ROT	rotation
RR,RROT	right rotation
S	stretch
SB	side bending
SHR	scapulohumeral rhythm
SLP	short leg prone
SLS	short leg supine
stim	stimulate (-tion)
sup	supine, supination
UD	upper dorsal; ulnar deviation
val	valgus
var	varus

DIAGNOSTIC PROCEDURES/ORTHOPEDIC MANEUVERS

ACE	axial compression in extension
ACELR	axial compression in extension with left rotation (maximum cervical compression)
ACERR	axial compression in extension with right rotation (maximum cervical compression)
ACLF	axial compression in left lateral flexion (foramina compression)
ACLR	axial compression in left rotation (Jackson test)
ACN	axial compression (neutral) (foramina compression)
ACRF	axial compression in right lateral flexion (foramina compression)
ACRR	axial compression in right rotation (Jackson test)
BP,Bp	blood pressure
Brag	Braggard's test
BS	bone scan
cmp	compression
CT	computerized tomography
DDD	degenerative disc disease
distrx	distraction
DJD	degenerative joint disease
Dperc	digital percussion
DTR	deep tendon reflexes
E	examination
eval	evaluation
Ex	examination
Ext	extension
flex	flexion
flx	flexion
Hperc	hammer percussion
L+A	light and accommodation
Lab	laboratory
Lib	Libman's test
LLF	left lateral flexion
LRR	left rotation restriction
MP	motion palpation
MRI	magnetic resonance imaging
OP	over pressure (to passive limits)
Perc	percussion
plp,palp	palpation(-atory) (-able)
Px	physical examination
RAM	rapid alternating movements
RLF	right lateral flexion

ROM	range of motion
R/O	rule out
RR	rotation restriction
RRR	right rotation restriction
S	stretch
SB	side bending
SLP	short leg, prone
SLS	short leg, supine
SLR	straight leg raise
SOS	step-off sign (spondylo)
SSLR	sitting straight leg raise
TF	tuning fork
tj	triceps jerk
UA	urine analysis

FINDINGS

abn	abnormal
abs	absent
apr	apprehension
asym	asymmetrical
atr	atrophy
B	bilateral; burning (pain); brisk
B,	bilateral
BEF	bony end feel
bm	birthmark
bog	bogginess of tissue
BSE	bilaterally symmetrical and equal
BSN	bowel sounds normal
Btr	better
CC	chief complaint
chr	chronic
c/o	complains of
crep	crepitation(s)
CVA	cerebrovascular accident
d	dull
DDD	degenerative disc disease
def	deficiency
deg	degenerate(-tion)
dev	deviate (-tion)
dim	diminished
DJD	degenerative joint disease
DLMP	date of last menstrual period
DTR	deep tendon reflex
EP	end play
ER	extension restriction

ess	essentially
ev	eversion
exac	exacerbation
FH	family history
fix	fixation
flac	flaccid
FR	flexion restriction
Fx	fracture
HA	headache
HBP,HBp	high blood pressure
HEP	"hard" end play
HNP	herniated nucleus pulposus
HT	hypertonus(-ic); hypertension
IC	intercostal; intermittent claudication
imm	immediate
imp	improved; impression
int	intermittent
LBP	low back pain
LJA	Luschka joint arthrosis
LLFR	left lateral flexion restriction
LMP	last menstrual period
LRR	left rotation restriction
mal	malingering
mod,2	moderate
N	normal, negative
NAA	no apparent abnormalities
NB	nota bene (note well)
N/C	no complaints
NC	no change; non contributory
NE	not evaluated; not examined
neg	negative
NF	not found
NK	not known
NR	normal range
NSA	no significant abnormality
NSC	no significant change
NSO	nonspecific onset
N&V	nausea and vomiting
obs	obese
occ	occasional
o/o	on and off, intermittent
P,	pain
p	pinch (-ing)
PD	pelvic deficiency (short leg)
Perc	percussion
PERRLA	pupils equal round react to light and accommodation
Pg	pregnant
PID	prolapsed intervertebral disc

PIS	pre-injury status
PJA	posterior joint arthrosis
PJP	palpated joint prominence
plp	palpable (-atory) (-ation)
plpn	palpatory pain
PMS	premenstrual syndrome
Pn	pain
Pn-	pain, radiate(ing)
pos	positive
prod	produced
prog	prognosis
prom	prominent
PTA	posttraumatic amnesia
Px	paresthesia(s)
Px-	paresthesia(s), radiate(ing)
RA	rheumatoid arthritis
rad	radiating(-tion)
ref	refer (-red)
rel	relief
REP	reduced end play
RLFR	right lateral flexion restriction
ROM	range of motion
RPMC	replicated pain of main complaint
RRE	round regular equal (pupils)
RRR	right rotation restriction
S	sharp (pain); subjective
sev,3	severe
sl	slight
SLP	short leg, prone
SLS	short leg, supine
SOB	shortness of breath
SOL	space occupying lesion
SOS	step-off sign (palpation sign for spondylo)
S/P	spondylo spondylolisthesis
Spr	sprain
Str	strain
sw	swelling, swollen
Sx	symptoms; subjective
sym	symmetrical
T*	tingle
TNT	tight but non tender
TOS	thoracic outlet syndrome
TP	trigger point
TPR	temperature pulse respiration
tr	trace
trans	transitional
TTF	taut-tender fibers
Tx	tingling
ULN	upper limits of normal
val	valgus
var	varus
VAS	vascular amplitude surge (Mannkopf's)

vb	very brisk
vis	visual, visible
VMA	visible muscle asymmetry
VS	vital signs
WD	well developed
WM	well muscled
WN	well nourished
WNL	within normal limits

Type of Findings

A	assessment/impression
E	exercise; ergonomics
O	objective findings
P	plan (of treatment or referral)
R(T)	(short for Rx) treatment
S	subjective findings

Pain Findings

B	burning
D	dull
P,	pain
Pn	pain
S	sharp

Pain Grade Findings

1	mild
2	moderate
3	severe
4	very severe

TREATMENT/ RECOMMENDATIONS

adj	adjustment
CC	cervical chair
CFM	cross friction massage
CMT	chiropractic manipulative treatment
CP	cervical pillow
cp	cold pack
ct	cervical towel
cryo	cryotherapy
CSPT	cervical support
Cox	Cox manipulative technique
div	diversified
dp	drop pelvic
E/D	extension-distraction
exs	exercises
FA	first aid
F/D	flexion-distraction

FM	friction massage
FMS	friction massage with stretching
fu	follow-up
grad	gradually (-ated)
HP	hot pack
IF	interferential
inv	inversion
ITrx	intersegmental traction
KC	knee-chest
LFT	low force technique
LMT	licensed massage therapist
LOD	line of drive
LSPT	lumbar support
man	manipulate; manipulation
meds	medication(s)
m,mm	muscles
mob	mobilize
mss	massage
MTrx	manual traction
NC	no charge
PB	pelvic bench
PC	phone call
PNF	proprioceptive neuromuscular facilitation
PRN	as needed, as required
PT	physical therapy
rec	recommend
ref	refer (-red)
R/O	rule out
RTW	return to work
Rx	recommended therapy, prescription, treatment
S	stretch
SM	self-massage
SMT	spinal manipulative treatment
TENS	transcutaneous electrical nerve stimulation
TP	trigger point
TPT	trigger point therapy
Trx	traction
Tx	treatment
US	ultrasound
VL	very light
VM	vibratory massage, mechanical: G5, genie, thumper

WR work restriction(s)

NOTES THAT SHOW ACTIONS OR INTERACTIONS

AMA against medical advice
ASAP as soon as possible
CNP cannot perform
DPAT decreased pain after treatment
PDPR_% patient describes pain reduction as _%
PDU patient demonstrates understanding
PTPW patient tolerated procedure well
RFF rising from flexion
RFSS rising from sitting to standing
RPMC replicated pain of main complaint
RTW return to work
SPF standard procedure followed
TRAM treatment response assessment method
WR: work restriction(s):

TIME/FREQUENCY

BID twice daily (bis in diem)
freq frequency
q (quoque) each, every
qd every day
qid four times per day
qod every other day
q2h every 2 hours
OD (omni die) every day
PRN as needed, as indicated
TID three times daily
x times; multiplied by
/d per day
/w (k) per week
/m (o) per month
1xw (k) 1 per week
2xw/3w(k) 2 times per week for 3 weeks
3xw (k) 3 times per week
2-4xm(o) 2-4 times per month
yest yesterday
2da 2 days ago
2wa 2 weeks ago
2ma 2 months ago

WORDS

ax axilla
cx coccyx
Dx diagnosis
Ex examination
exs exercise(s)
Fix fixation

Fxn	fixation
flex	flexion
Flx	flexion
Fx	fracture; function
Hx	history
I/Trx	intersegmental traction
M/Trx	manual traction
PX	physical examination
Px	paresthesia(s)
Rx	(recommended) therapy; prescription
Sx	symptoms/subjective
Tdx	tentative diagnosis
Tx	treatment
Trx	traction
T*	tingle
vx	vertex

