

Abbreviations

The following is a list of abbreviations used at the University of Western States health centers. This list is not intended to be absolute nor universally comprehensive. Other standard abbreviations may be used that are not represented here. This list was drawn from a seed article [Hansen DT. Standard chart abbreviations in chiropractic practice. Chiropractic Technique 1991;3(2):96-103] and then edited. The CSPE committee deleted abbreviations that were uncommonly seen or used in our clinics as well as those felt to be so common that inclusion was unnecessary. Abbreviations were then added to the list by the committee as well as by other faculty on campus.

Abbreviations that have proven useful in our clinic system, but which may not be standard in a wider arena, have been placed in italics.

Note: Some symbols are encircled (e.g., pain = Ⓟ) which is appropriate for paper charting. In electronic charting the circle is usually omitted (e.g., pain = P).

This document is organized two ways: 1) organized by abbreviation and 2) organized by meaning.

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ORGANIZED BY ABBREVIATION

Abbreviation	Definition
∅	none
#	pound or fracture
Ⓟ	pain
↑	increased
↑↑	much increased
/d	per day
/m	per month
/wk	per week
'	hours
"	minutes
<	less than
>	greater than
≈	approximately
Ⓡ	right
⊖	negative, normal, absent
Δ	change
μ	micro
↓	decreased
↓↓	much decreased
1°	primary, first degree
1x/w	1 time per week
2°	secondary, second degree
2-4x/m	2-4 times per month
2xw/3w	2 times per week for 3 weeks
3°	tertiary, third degree
AAROM	active assisted range of motion
abd	abduction
abn	abnormal
add	adduction
adj	adjustment
ADL	activities of daily living
alt h/c	alternating hot/cold (contrast hot/cold)
am	morning
ant	anterior
AP	anterior-posterior
AROM	active range of motion
ASAP	as soon as possible
ASIS	anterior superior iliac spine
asym	asymmetrical
B	burning
B/B	bowel or bladder
B4	before
bi/bilat	bilaterally
bid	twice a day
BMR	basal metabolic rate

Abbreviation	Definition
BP or Bp	blood pressure
c	with
c/o	complains of
C/T	cervicothoracic
CA	cancer
CAD	coronary artery disease
CAD	cervical acceleration deceleration
cc	chief complaint
CFM	cross friction massage
CHF	congestive heart failure
chr	chronic
CMT	chiropractic manipulative therapy
COPD	chronic obstructive pulmonary disease
CR	contract relax
CRAC	contract relax antagonist contract
crep	crepitation(s)
cryo	cryotherapy
CT	Computed tomography
ctx	cervical traction
CVA	cerebrovascular accident
CVJ	costovertebral joint
Cx	cervical
D	dull
d/t	due to
dbl	double
def	deficiency
delt	deltoid
dev	deviation
dim	diminished
DJD	degenerative joint disease
DOB	date of birth
DOD	date of draw
DOE	date of exam
DOI	date of injury
DOMS	delayed onset muscle soreness
DOT	department of transportation
DPT	diphtheria, pertussis, tetanus
DTR	deep tendon reflexes
Dx	diagnosis
e	electrical
EAM	external auditory meatus
ECG	electrocardiogram
EEG	electroencephalogram
EENT	ear, eyes, nose, and throat
EHL	extensor hallucis longus

Abbreviation	Definition
ENT	ear, nose and throat
ER	emergency room
eval	evaluation (-ed)
eve	evening
exac	exacerbation (-ed)
ext	external
Ext	extension
FH or FHx	family history
fix	fixation
flex or Flx	flexion
freq	frequency
FU	follow-up
Fx	fracture
GHJ	glenohumeral joint
GI	gastrointestinal
gmax	gluteus maximus
gmed	gluteus medius
gmin	gluteus minimus
grad	gradually
GTT	glucose tolerance test
GU	genitourinary
gyn	gynecological
h	hour
H&P	history and physical
HA	headache
Ham	hamstring
hern	herniation
HLA	human leukocyte antigen A (HLA B-27)
HMP	hot moist pack
HNP	herniated nucleus pulposis
hp	hot pack
HR	hold relax
HTN	high blood pressure/hypertension
HVG	high volt galvanism
HVT	high volt therapy
hx	history
Hz	hertz
IASTM	<i>Instrument assisted soft tissue manipulation</i>
IFC	interferential current
IIC	intermittent ischemic compression
Insp	inspiration
int	intermittent
int comp	Intermittent compression
ipsi	ipsilateral
IR or Infrd	<i>infrared (lamp)</i>
IU	International unit
IVD	intervertebral disc
jt	joint

Abbreviation	Definition
(L)	left
L/S	lumbosacral
L5	fifth lumbar
Lab	laboratory
Lat	lateral
LB	low back
LBP	low back pain
LE	lower extremity
LFAC	sine-low frequency alternating current
Lig	ligament
LLF	left lateral flexion
LMP	last menstrual period
LMT	licensed massage therapist
LOC	loss of consciousness
LR, LROT	left rotation
LRR	left rotation restriction
LVG	low volt galvanic
Lx	lumbar
lx tr or lxt	lumbar traction
lxt or lx tr	lumbar traction
mA	milli amp
manip	manipulate
MED	minimal erythematous dose
meds	medications
MENS	microcurrent electrical nerve stimulation
MFTP	myofascial trigger point(s)
MI	myocardial infarction
min	minute
mm or msl	muscles
MMI	maximum (medical) improvement
MMR	measles, mumps, rubella
mo	month
mob	mobilize
mod	moderate
MP	motion palpation
MR	myofascial release
MRI	magnetic resonance imaging
MVA	motor vehicle accident
mVAS	mechanical visual analog scale
N	normal or negative
N & V	nausea & vomiting
n/a or NA	not applicable
N/C	no charge
NAD	no apparent distress
NARE	no apparent residual effects
NB	(nota bene) note well
NC	no change, non contributory
Neg	negative
NP	new patients, not performed

Abbreviation	Definition
NRE	no residual effects
NTT	normal (temperature) to touch
NTW	<i>numbness tingling or weakness</i>
o/o	on and off
OA	osteoarthritis
ob	obstetrics
occ	occasional; occiput
OPS	<i>oral pain scale</i>
OTC	over the counter drugs
OV	office visit
p	para
PA	posterior-anterior
Pafn	paraffin bath
palp	palpation
palp (P)	palpatory pain
Pass	passive
PE	physical examination
pec	pectoralis
PERRLA	pupils equal round regular react to light accommodate
perc	percussion
<i>pfs</i>	<i>post-facilitation stretch</i>
PHx	past history
PI	personal injury
PID	pelvic inflammatory disease
PIR	post isometric relaxation
piri	piriformis
pm	afternoon
Pmaj	pectoralis major
PMS	premenstrual syndrome
Pn	pain
PNF	proprioceptive neuromuscular facilitation
pos	positive
post	posterior
pp	patient presents
pps	pulses per second
PR	pulse & respiration or progress report
preg	pregnant
PRN	patient to return as needed
prod	produced
prog/px	prognosis
PROM	passive range of motion
prox	proximal
PS	pubic symphysis
PSIS	posterior superior iliac spine
PT	physiological therapeutics
pt	patient
PTR	patient to return
q	every

Abbreviation	Definition
QA	quality assurance
r/o	rule out
rad	radiating
rads	radiations
rec	recommend
ref	refer (-red)
rehab	rehabilitation
resp	respiration
rhom	rhomboid
RLFR	right lateral flexion restriction
ROM	range of motion
ROT	rotation
RR	rotation restriction
RROT, RR	right rotation
RRR	right rotation restriction
RTW	return to work
Russ Stim	Russian stimulation
Rx	prescription
s	without (sans)
S	sharp
sac	sacrum
SCJ	sternoclavicular joint
SCM	sternocleido mastoid
seg	segment
sev	severe
SI	sacroiliac
sl	slight
SLR	straight leg raise
SMT	spinal manipulative therapy OR sensory motor training
SOAAP	<i>Sub, Obj, Asses, Action, Plan</i>
SOB	shortness of breath
SOL	space occupying lesion
sp	spinous process
spondy	spondylolisthesis
spr	sprain
SSLR	sitting straight leg raise
stab	stabilization
STE	self testicular examination
stim	stimulation
STM	soft tissue manipulation
str	strain
sup	supine
sw	swelling, swollen
SWD	short wave diathermy
Sx	symptoms
sym	symmetrical
T	tenderness
T & T	taut and tender

Abbreviation	Definition
T&A	tonsils & adenoids (-ectomy)
TENS	transcutaneous electrical nerve stimulation
TFL	tensor fascia lata
THER EX	therapeutic exercise
TIA	transient ischemic attack
TIA	transient ischemic attack
tid	three times a day
TOS	thoracic outlet syndrome
TP	transverse process
TPR	temperature, pulse, respiration
TPT	trigger point therapy
trap	trapezius
troch	trochanter
Tx	thoracic
Tx or tx	treatment
u/c	microcurrent
UE	upper extremity
uln	ulnar
URI	upper respiratory infection
US or u/s	ultrasound
UTI	urinary tract infection
UV	ultraviolet light therapy

Abbreviation	Definition
Vag	vagina
val	valgus
var	varus
VAS	visual analog scale
VBI	vertebral basalar insufficiency
vert	vertebral
w/	with
w/cm2	watts per centimeter squared
w/o	without (sans)
WC, W/C, w/c	worker's compensation
wk	week
WNL	within normal limits
wp	whirlpool
wt	weight
x	times
y/o	year old
yest	yesterday

ORGANIZED BY MEANING

Definition	Abbreviation
1 time per week	1x/w
2 times per week for 3 weeks	2xw/3w
2-4 times per month	2-4x/m
abduction	abd
abnormal	abn
absent	∅
active assisted range of motion	AAROM
active range of motion	AROM
activities of daily living	ADL
adduction	add
adjustment	adj
afternoon	pm
alternating hot/cold	alt h/c
anterior	ant
anterior superior iliac spine	ASIS
anterior-posterior	AP
approximately	≈
as soon as possible	ASAP
asymmetrical	asym
basal metabolic rate	BMR
before	B4

Definition	Abbreviation
bilaterally	bi/bilat
blood pressure	BP or Bp
bowel or bladder	B/B
burning	B
cancer	CA
cerebrovascular accident	CVA
cervical	Cx
cervical acceleration deceleration	CAD
cervical traction	ctx
cervicothoracic	C/T
change	Δ
chief complaint	cc
chiropractic manipulative therapy	CMT
chronic obstructive pulmonary disease	COPD
chronic	chr
complains of	c/o
computed tomography	CT
congestive heart failure	CHF
contract relax	CR
contract relax antagonist contract	CRAC
contrast hot/cold	alt h/c

Definition	Abbreviation
coronary artery disease	CAD
costovertebral joint	CVJ
crepitation(s)	crep
cross friction massage	CFM
cryotherapy	cryo
date of birth	DOB
date of draw	DOD
date of exam	DOE
date of injury	DOI
decreased	↓
deep tendon reflexes	DTR
deficiency	def
degenerative joint disease	DJD
delayed onset muscle soreness	DOMS
deltoid	delt
department of transportation	DOT
deviation	dev
diagnosis	Dx
diminished	dim
diphtheria, pertussis, tetanus	DPT
double	dbl
due to	d/t
dull	D
ear, eyes, nose, and throat	EENT
ear, nose and throat	ENT
electrical	e
electrocardiogram	ECG
electroencephalogram	EEG
emergency room	ER
evaluation (-ed)	eval
evening	eve
every	q
exacerbation (-ed)	exac
extension	Ext
extensor hallicus longus	EHL
external	ext
external auditory meatus	EAM
family history	FH or FHx
fifth lumbar	L5
first degree	1°
fixation	fix
flexion	flex or Flx
follow-up	FU
fracture	Fx or #
frequency	freq
gastrointestinal	GI
genitourinary	GU
glenohumeral joint	GHJ
glucose tolerance test	GTT
gluteus maximus	gmax

Definition	Abbreviation
gluteus medius	gmed
gluteus minimus	gmin
gradually	grad
greater than	>
gynecological	gyn
hamstring	Ham
headache	HA
herniated nucleus pulposus	HNP
herniation	hern
hertz	Hz
high blood pressure	HTN
high volt galvanism	HVG
high volt therapy	HVT
history	hx
history and physical	H&P
hold relax	HR
hot moist pack	HMP
hot pack	hp
hour	h
hours	'
human leukocyte antigen A (HLA B-27)	HLA
hypertension	HTN
increased	↑
<i>infrared (lamp)</i>	<i>IR or Infrd</i>
inspiration	Insp
<i>Instrument assisted soft tissue manipulation</i>	<i>IASTM</i>
interferential current	IFC
intermittent	int
Intermittent compression	int comp
intermittent ischemic compression	IIC
International unit	IU
intervertebral disc	IVD
ipsilateral	ipsi
joint	jt
laboratory	Lab
last menstrual period	LMP
lateral	Lat
left	Ⓛ
left lateral flexion	LLF
left rotation	LR, LROT
left rotation restriction	LRR
less than	<
licensed massage therapist	LMT
ligament	Lig
loss of consciousness	LOC
low back	LB
low back pain	LBP
low volt galvanic	LVG
lower extremity	LE

Definition	Abbreviation
lumbar	Lx
lumbar traction	lxt or lx tr
lumbar traction	lx tr or lxt
lumbosacral	L/S
magnetic resonance imaging	MRI
manipulate	manip
maximum (medical) improvement	MMI
measles, mumps, rubella	MMR
mechanical visual analog scale	mVAS
medications	meds
micro	μ
microcurrent	u/c
microcurrent electrical nerve stimulation	MENS
milli amp	mA
minimal erythematous dose	MED
minute	min
minutes	"
mobilize	mob
moderate	mod
month	mo
morning	am
motion palpation	MP
motor vehicle accident	MVA
much decreased	↓↓
much increased	↑↑
muscles	mm or msl
myocardial infarction	MI
myofascial release	MR
myofascial trigger point(s)	MFTP
nausea & vomiting	N & V
negative	Neg or ⊖
new patients	NP
no apparent distress	NAD
no apparent residual effects	NARE
no change, non contributory	NC
no charge	N/C
no residual effects	NRE
non contributory	NC
none	∅
normal (temperature) to touch	NTT
normal	N or ⊖
not applicable	n/a or NA
not performed	NP
note well (nota bene)	NB
numbness tingling or weakness	NTW
obstetrics	ob
occasional	occ
occiput	occ
office visit	OV
on and off	o/o

Definition	Abbreviation
oral pain scale	OPS
osteoarthritis	OA
over the counter drugs	OTC
pain	Pn
pain	⊕
palpation	Palp
palpatory pain	palp (P)
para	P
paraffin bath	Pafn
passive	Pass
passive range of motion	PROM
past history	PHx
patient	Pt
patient presents	Pp
patient to return	PTR
patient to return as needed	PRN
pectoralis	Pec
pectoralis major	Pmaj
pelvic inflammatory disease	PID
per day	/d
per month	/m
per week	/wk
percussion	Perc
personal injury	PI
physical examination	PE
physiological therapeutics	PT
piriformis	Piri
positive	Pos
post isometric relaxation	PIR
posterior	Post
posterior superior iliac spine	PSIS
posterior-anterior	PA
<i>post-facilitation stretch</i>	<i>Pfs</i>
pound or fracture	#
pregnant	Preg
premenstrual syndrome	PMS
prescription	Rx
primary	1°
produced	Prod
prognosis	prog/px
progress report	PR
proprioceptive neuromuscular facilitation	PNF
proximal	Prox
pubic symphysis	PS
pulse, respiration or Progress Report	PR
pulses per second	Pps
pupils equal round regular react to light accommodate	PERRLA
quality assurance	QA
radiating	Rad

Definition	Abbreviation
radiations	Rads
range of motion	ROM
recommend	Rec
refer (-red)	Ref
rehabilitation	Rehab
respiration	resp
return to work	RTW
rhomboid	rhom
right	®
right lateral flexion restriction	RLFR
right rotation	RRROT, RR
right rotation restriction	RRR
rotation	ROT
rotation restriction	RR
rule out	r/o
Russian stimulation	Russ Stim
sacroiliac	SI
sacrum	sac
second degree	2°
secondary	2°
segment	seg
self testicular examination	STE
sensory motor training	SMT
severe	sev
sharp	S
short wave diathermy	SWD
shortness of breath	SOB
sine-low frequency alternating curr	LFAC
sitting straight leg raise	SSLR
slight	sl
soft tissue manipulation	STM
space occupying lesion	SOL
spinal manipulative therapy OR sensory motor training	SMT
spinous process	sp
spondylolisthesis	spondy
sprain	spr
stabilization	stab
sternoclavicular joint	SCJ
sternocleido mastoid	SCM
stimulation	stim
straight leg raise	SLR
strain	str
Sub, Obj, Asses., Action Plan	SOAP
supine	sup
swelling, swollen	sw
symmetrical	sym
symptoms	Sx
taut and tender	T & T
temperature, pulse, respiration	TPR

Definition	Abbreviation
tenderness	T
tensor fascia lata	TFL
tertiary	3°
therapeutic exercise	THER EX
third degree	3°
thoracic	Tx
thoracic outlet syndrome	TOS
three times a day	tid
times	x
tonsils & adenoids (-ectomy)	T&A
transcutaneous electrical nerve stimulation	TENS
transient ischemic attack	TIA
transient ischemic attack	TIA
transverse process	TP
trapezius	trap
treatment	Tx or tx
trigger point therapy	TPT
trochanter	troch
twice a day	bid
ulnar	uln
ultrasound	US or u/s
ultraviolet light therapy	UV
upper extremity	UE
upper respiratory infection	URI
urinary tract infection	UTI
vagina	Vag
valgus	val
varus	var
vertebral	vert
vertebral basilar insufficiency	VBI
visual analog scale	VAS
watts per centimeter squared	w/cm2
week	wk
weight	wt
whirlpool	wp
with	c
with	w/
within normal limits	WNL
without (sans)	w/o
without (sans)	s
worker's compensation	WC, W/C, w/c
year old	y/o
yesterday	yest

