

# Clinical Physical Therapy Abbreviations

AAROM - active assistive range of motion  
ABD - abduction  
AC - acromioclavicular  
ACDF - anterior cervical discectomy and fusion  
ACJ - acromioclavicular joint  
ACL - anterior cruciate ligament  
AD - assistive device  
ADD - adduction  
ADL - activity/activities of daily living  
AFO - ankle foot orthosis  
AICD - automated implantable cardiac defibrillator  
AKA - above-knee amputation  
Amb - ambulation  
A/P - anterior/posterior  
AROM - active range of motion  
B - bilateral  
BID - twice a day  
BKA - below-knee amputation  
c (with a line over it) - with  
CABG - coronary artery bypass graft (open heart surgery)  
CGA - contact guard assist  
CKC - closed kinetic chain  
C/O - complains of  
CP - cold pack, cerebral palsy  
CPM - continuous passive motion  
CTx - cervical traction  
DDD - degenerative disc disease  
DF - dorsiflexion  
DJD - degenerative joint disease  
EEG - electroencephalogram  
EOB - edge of bed  
ER - external rotation  
Estim or ES - electrical stimulation  
EV - eversion  
Ex - exercise  
Ex Lap – exploratory laparotomy or laparoscopy

Ext (or /) - extension  
FIM - functional independence level (also called FIM score)  
Flex (or ✓) - flexion  
FWB - full weight-bearing  
Fx - fracture  
FWW - front-wheeled walker  
GHJ - glenohumeral joint  
HEP - home exercise program  
HKAFO - hip-knee-ankle foot orthosis  
HNP - herniated nucleus pulposus (herniated disc)  
H/o - history of  
HOB - head of bed  
Horiz - horizontal  
HP - hot pack  
HVGS - high-voltage galvanic stimulation  
Hx - history  
I (or Ind) - independent  
I&D - incision and drainage (debridement)  
ICD-10 - 10th revision: International Statistical Classification of Diseases and Related Health Problems  
Inv - inversion  
Ionto - iontophoresis  
IR - internal rotation  
ITB - iliotibial band  
KAFO - knee ankle foot orthosis  
L - left  
LAQ - long-arc quad  
LBQC - large-base quad cane  
LCL - lateral collateral ligament  
LE - lower extremity  
LOA - level of assist  
LOS - length of stay  
LP - leg press  
LSO - lumbosacral orthosis  
LTG - long-term goals  
Max A - maximum assist  
MCL - medial collateral ligament  
MD - medical doctor

MFR - myofascial release  
MHP - moist hot pack  
Min A - minimum assist  
Mm - muscle  
MMT - manual muscle test  
Mob - mobilization  
Mod I - modified independent  
NBQC - narrow base quad cane  
NDT - neuro-developmental technique  
NMES - neuromuscular electrical stimulation  
NWB - non-weight bearing  
OKC - open kinetic chain  
OOB - out of bed  
PCL - posterior cruciate ligament  
PF - plantarflexion  
Pfin - paraffin bath  
PFS - patellofemoral syndrome  
Phono - phonophoresis  
PMX (or PMHx) - past medical history  
PNF - proprioceptive neuromuscular facilitation  
Pro - pronation  
PROM - passive range of motion  
Pt - patient  
PUW - pick-up walker  
PWB - partial weight bearing  
PD - peritoneal dialysis  
PEG - percutaneous endoscopic gastrotomy  
PICC - peripherally inserted central catheter  
PLIF - posterior lumbar interbody fusion  
Q - every  
QC - quad cane  
QD - every day  
QID - four times a day  
R - right  
RC - rotator cuff  
RD - radial deviation  
RICE - rest, ice, compression, elevation  
RN - registered nurse

ROM - range of motion  
Rot - rotation  
RT - respiratory therapist/therapy  
RW - rolling walker  
Rx - treatment  
S (with a line over a lower cased S) - without  
SAQ - short arc quad  
SB - side bending (or Swiss ball)  
SBA - stand-by assist  
SBQC - small base quad cane  
SC - straight cane  
SLR - straight leg raise  
SPC - single-point cane  
STM - soft tissue mobilization  
STS - sit-to-stand  
Sup - supination  
SW - standard walker  
TB - TheraBand, tuberculosis  
TDWB - touch-down weight bearing  
TENS - transcutaneous electrical neuromuscular stimulation  
THA - total hip arthroplasty  
Ther Ex - therapeutic exercise  
THR - total hip replacement  
TID - three times a day  
TKA - total knee arthroplasty  
TKR - total knee replacement  
TLSO - thoracic lumbar sacral orthosis  
TLIF - transforaminal lumbar interbody fusion  
TM - treadmill  
TMJ - temporomandibular joint  
Total A - total assist  
Trxn - traction  
TTWB - toe-touch weight bearing  
UBE - upper body ergometer  
UD - ulnar deviation  
UE - upper extremity  
US - ultrasound  
WBAT - weight bearing as tolerated

WBQC - wide-base quad cane

WC (or w/c) - wheelchair

WFL - within functional limits

WNL - within normal limits

WW - wheeled walker

4WW - four-wheeled walker

# - pounds