

# Abbreviations - Physiotherapy

## Site Applicability

PHC – all sites

## Need to Know

Abbreviations should be avoided. Only abbreviations that are recognizable to the care team and approved on this list should be used.

ABBREVIATION	MEANING
4 pt	4 point kneel
a.m.	morning ( <i>Latin. ante meridiem</i> )
a/a	as above
AAROM	active assisted range of motion
abd.	abduction
ABG	arterial blood gas
ACjt	acromioclavicular joint
ad lib	freely ( <i>Latin. ad libitum</i> )
add.	adduction
ADLs	activities of daily living
adm	admit or admission
amb	ambulation, ambulate
AROM	active range of motion
ASAP	as soon as possible
AVSS	afebrile, vital signs stable
Ax	assessment

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ABBREVIATION	MEANING
B.I.D.	twice daily ( <i>Latin. bis in die</i> )
BBS or Berg	Berg Balance Scale
bilat	bilateral
BoS	base of support
BP	blood pressure
bpm	beats per minute
BrS	breath sounds
Bx	biopsy

č	with ( <i>Latin. cum</i> )
c/o	complains of / complaints
CNS	central nervous system
CO <sub>2</sub>	carbon dioxide
cont'd	continued
CPAP	continual positive airway pressure
CPR	cardiopulmonary resuscitation
CSF	cerebral spinal fluid
C-sp (T-sp, L-sp)	cervical (thoracic, lumbar) spine
CT scan	computed tomography scan
CVA	cerebrovascular accident

ABBREVIATION	MEANING
d/t	due to
DB&C	deep breathing & coughing
dept	department
DF	dorsiflexion
DIP (PIP)	distal (proximal) interphalangeal
DNAR	do not attempt resuscitation
Dx	diagnosis

e.g.	for example (Latin. <i>exempli gratia</i> )
E.R. or E.Rot.	external rotation
ECG or EKG	electrocardiogram
EEG	electroencephelogram
EMG	electromyogram
esp.	especially
EtOH	ethanol
exp.	expiration / expiratory
exs.	exercises
ext.	extension
flex	flexion
freq	frequency
ft or '	foot or feet
fwd	forward
fx or func or fn	function
F/U	follow up
FiO <sub>2</sub>	% oxygen (fraction inspired)
G/U	genito-urinary
GCS	Glasgow Coma Scale

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ABBREVIATION	MEANING
GI	gastrointestinal
glutes	gluteal muscles
Gr.	grade
H/A	headache
hams	hamstrings
Hgb	hemoglobin
HOB (FOB)	head of (foot of) bed
HPI	history of present illness
HR	heart rate
hr or h	hour
ht	height
Hx	history
I.R. or I.Rot.	internal rotation
ICU	intensive care unit
i.e.	that is (Latin. id est)
IFC	interferential current
IM nail	intramedullary nail
incl.	including, includes
indep	independent
insp.	inspiration / inspiratory
ISQ	no change ( <i>Latin. in status quo</i> )
IV	Intravenous
jt	Joint
Kg	kilogram

ABBREVIATION	MEANING
L	left
L or l	litre
L/E	lower extremity
lat.	lateral
lb.	pound
LBP	low back pain
lig.	ligament, ligamentous
LL	lower lobe
LMN	lower motor neuron
LOC	level or loss of consciousness
LP	lumbar puncture
ltd	limited
LTG	long term goals
LTM	long term memory
m	metre
max.	maximum
MCP	metacarpal-phalangeal
mg	milligram
min.	minute
min.	minimal or minimum
mL	millilitre
mm	millimetre
MMT	manual muscle testing
mo. (mos.)	month(s)
mob	mobilize / mobilization / mobility
mod. A (min, max)	moderate assistance ( <i>minimum, maximum</i> )

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ABBREVIATION	MEANING
MRI	magnetic resonance imaging
MSK	musculoskeletal
mvt	movement
N	normal
N/A	not applicable or not assessed
NAD	no apparent distress
NB	important ( <i>Latin. nota bene</i> )
neg. or (-)ve	negative
NG	nasogastric
NP	nasal prongs
(N)PO	(nothing) by mouth ( <i>Latin. [nil] per os</i> )
NWB	non weight bearing
NYD	not yet diagnosed
O.R.	operating room
O.R.I.F.	open reduction internal fixation
O.T.	occupational therapist
O/A	on auscultation
O/E	on examination
P.T.	physiotherapy, physiotherapist
PD & P	postural drainage and percussion
PEEP	positive end expiratory pressure
PF	plantarflexion
pk/yr	pack year
PMH	past medical history
PNF	proprioceptive neuromuscular facilitation
POD#	post-op day number

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ABBREVIATION	MEANING
pos. or (+)ve	positive
ppd	packs per day
PRN	as needed ( <i>Latin. pro re nata</i> )
PROM	passive range of motion
pt.	patient
PTA	prior to admission
PWB	partial weight bearing
q (qd, qh)	every (every day, every hour)
quads	quadriceps
R/A	room air
R/O	rule out
r/t	related to
RA	rehab assistant
re:	regarding, in reference to
Resp	respiratory
PWB	partial weight bearing
R	right
RN	registered nurse
rot.	rotation
RT	respiratory therapist
Rx or Tx	treatment
§	without ( <i>Latin. sans</i> )
s or sec	second(s)
SBA	stand-by assist
SC	spinal cord
shld	shoulder

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ABBREVIATION	MEANING
SOB(OE)	short(ness) of breath (on exertion)
SpO <sub>2</sub>	pulse O <sub>2</sub> saturation (NB. Not SaO <sub>2</sub> unless ABGs)
STG	short term goals
STM	short term memory
Sx	symptoms (or surgery)
T-band	Theraband®
TENS or TNS	transcutaneous (electrical) nerve stimulation
THR or THA	total hip replacement/arthroplasty
TID	three times daily ( <i>Latin. ter in die</i> )
TKR or TKA	total knee replacement/arthroplasty
TMJ	temporomandibular joint
TUG	Timed "Up and Go"
U/E	upper extremity
UL	upper lobe
UMN	upper motor neuron
US	ultrasound
UV	ultraviolet
VAS	visual analogue scale
vol.	volume
w/c	wheelchair
w/e	weekend
w/w	wheeled walker
WB (AT)	weight bearing (as tolerated)
WBC	white blood count
wk	week
WNL (WFL)	within normal (functional) limits

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ABBREVIATION	MEANING
wt	weight
y or yr	year
y/o	years old
≈	approximately equal to
↓	decrease, decreasing, descending
↑	increase, increasing, ascending
↔	between (to and from)
Δ	change
°C	degrees Celsius
♀	female
#	fracture
♂	male
// bars	parallel bars
1°	primary (or "first degree")
2°	secondary (or "second degree")
3°	tertiary (or "third degree")
x	times
ψ	psychiatric, psychological

## Abbreviations that must not be used:

For complete list see the [VCH-PHC ISMP DO NOT USE list](#) for dangerous abbreviations, symbols and dose designations. Examples:

>	greater than (frequently misinterpreted)
≥	greater than or equal to (frequently misinterpreted)
<	less than (frequently misinterpreted)
≤	less than or equal to (frequently misinterpreted)
D/C or d/c	Discharge – this must be written out
@	at
O.D.	once daily
QID	four times daily ( <i>Latin. quater in die</i> )

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