

# Abbreviations in physiotherapy

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# Description

Abbreviations assist healthcare professionals to make effective use of their time. These abbreviations should be recognised and agreed upon in order to ensure best practice.

The following Abbreviations are taken from the Irish Health Service Executive (HSE) Code of Practice for Healthcare Records Management Version 2. <sup>[1]</sup> and from wikipedia <sup>[2]</sup>.

## Abbreviations:

### Units:

Centimeter	cm
Gram	g
Kilocalorie	kcal
Kilogram	Kg
Litre	L
Milligram	mg
Millilitre	ml
Millimetre	mm
Millimole	Mmol

### Frequency and time:

b.d./b.i.d.	Twice daily	
Mane	In the morning	
Nocte	At night	

p.r.n.	When required		
q.d.s./q.i.d.	Four times daily		
STAT	Immediately		
Tarde	In the evening		
t.d.s./t.i.d.	Three times daily		
h	Hour		
Mins.	Minute		
s	Second	x/52	x weeks
x/12	x Months		

## Routes of Administration

IV	Intravenously
IM	Intramuscularly
NG	Nasogastric
PEG	Percutaneous Endoscopic Gastrostomy
PO	Per Oral (oral by mouth)
PV	Per vaginal
SC	Subcutaneously
PR	Per Rectum
SL	Sublingually

## Never abbreviate

Patient's resuscitation status	
Drug names	

<p style="color: red; margin: 0;">pthomegroup</p> Right OR Left	Except when used as part of an approved abbreviation
+++, >, <	Avoided unless used as part of an official grading system
+ve, -ve	Can use Pos. and Neg. instead
Patient/Service users name	
No abbreviations on a consent form	
No abbreviations on an incident report	

## #

5Ds	Dizziness, diplopia, drop attacks, dysorthria, dysphagia
9HPT	Nine Hole

## A

ABBREVIATION	DEFINITION
A&A	Aids and Appliances
AAA	Abdominal Aortic Aneurysm

ABG- Arterial blood gas

ACL – anterior cruciate ligament

ACTH – adrenocorticotrophic hormone

ADL – activities of daily living

AFO – ankle foot orthosis

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AIDS – acquired immune deficiency syndrome

ASIS- Anterior superior iliac spine

AJ – ankle jerk

AK – above knee

ALS – amyotrophic lateral sclerosis

ANS – autonomic nervous system

AMA – against medical advice

Ant. – anterior

AP – anterior-posterior

AAV AIDS-associated virus

AAL Anterior axillary line

Ab Antibody

AB Apex beat

ACE Angiotensin converting enzyme

Add Adduction (physio)

Abd Abduction (physio)

ACS Acute coronary syndrome

ADH Anti-diuretic hormone

ADHD Attention deficit hyperactivity disorder

AF Atrial fibrillation

AFB Acid fast bacilli

## B

BE – below elbow

BK – below knee

BOS – base of support

BP – blood pressure

bpm – beats per minute

## C

C1-7 - Cervical vertebrae 1-7

CABG -Coronary artery bypass graft

CAD -Coronary artery disease

Cal. -Calorie

CBC -Complete blood count

CCA -Common carotid artery

CCU -Coronary care unit

CES -Cauda equina syndrome

CFS -Chronic fatigue syndrome

CHB -Complete heart block

CHD -Congenital heart disease

Chol. -Cholesterol

CHF -Congestive heart failure

CMV -Cytomegalovirus

c/o -Complains of

CO -Cardiac output

CO<sub>2</sub>- Carbon dioxide

COAD -Chronic obstructive airways disease

COB -Chronic obstructive bronchitis

CO/C1- Atlanto-axial joint

COPD- Chronic obstructive pulmonary disease

CPAP- Continuous positive airway pressure

CPB/CPBP -Cardiopulmonary bypass

CPD -Cephalopelvic disproportion

CPR -Cardio-pulmonary resuscitation

creps.- Crepitations

CREST(syndrome) -abbreviation for calcinosis, Raynaud's phenomenon, esophageal dysfunction, sclerodactyly, and telangiectasis

CRF -Chronic renal failure

CRHD- Chronic rheumatic heart disease

CSF- Cerebrospinal fluid

CT -Computerised tomography

CTS- Carpal tunnel syndrome

CVP- Central venous pressure

CVS -Cardiovascular system

## D

DASH -Disability of arm, shoulder, hand

D/C- Discharge

DDx -Differential diagnosis

DD -Dangerous drugs

DDD -Degenerative disc disorder

Dec. -Decreased

DF -Dorsiflexion (physio)

DHS -Dynamic hip screw

DI -Diabetes Insipidus

DIU -Death in-utero

DJD --Degenerative joint disease

DM -Diabetes mellitus

DOB --Date of birth

DOE --Dyspnoea on exertion

## E

ECG Electrocardiogram

EEG – electroencephalogram, electroencephalograph

EMG – electromyogram, electromyography

Ex's – exercises

EOR End of range

Exp. Expiratory

Ext. Extension

## F

FBS – fasting blood sugar

FH – family history

FES -Functional electrical stimulation

FET -Forced expiratory technique (physio)

FEV -Forced expiratory volume (physio)

FEV1 -Forced expiratory volume in one second

FFA -Free fatty acids

FHR -Foetal heart rate

FHS- Foetal heart sounds

FIM -Functional independence measure

Flex. -Flexion

FRC- Functional residual capacity

FSH -Follicle stimulating hormone

FTD -Full term delivery

F/U- Follow up

FVC -Forced vital capacity

FWB -Full weight bearing

Fx -Fracture

## G

GA -General anaesthetic

GCS-Glasgow coma scale

GDM -Gestational diabetes mellitus

GFR -Glomerular filtration rate

GFSH -Growth factor stimulating hormone

GH -Growth hormone

GIT -Gastrointestinal tract

GMFCS -Gross Motor Function Classification Scale

GRF -Ground reaction force

GRH -Growth releasing hormone

GTT -Glucose tolerance test

GSW – gunshot wound

## H

Hb -Haemoglobin

HAD -Hospital Anxiety and Depression Scale

HBB- Hand behind back

HBH -Hand behind head

HBV- Hepatitis B Virus

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H&C -Huff and cough  
HCV -Hepatitis C virus  
HCVD -Hypertensive cardiovascular disease  
HDL -High density lipoprotein  
HEP -Home exercise program (physio)  
Hep A, B, C -Hepatitis A, B, C etc..  
HGH -Human growth hormone  
HI -Head injury  
HIV -Human immunodeficiency virus  
HIVD -Herniated intervertebral disc  
HMD -Hyaline membrane disease  
H/O, HO -History of  
HR -Heart rate  
HPV- Human papilloma virus  
HRT-Hormone replacement therapy  
HS -Heart sounds  
H Sit. -High sitting  
HSV -Herpes simplex virus  
Ht -Height  
HTLV -Human T-cell lymphotropic virus  
HTN- Hypertension  
Hx- History

I

IC– Informed consent  
ICA -Internal carotid artery  
ICD -intercostal drain  
ICP -Intracranial pressure  
ICS -Intercostal space  
ICU- Intensive Care Unit  
IE -Inspiratory:expiratory (ratio)  
IFT -Interferential therapy  
Ig -Immunoglobulin  
IHD -Ischaemic heart disease  
IMT -Isometric muscle testing  
IMV -Intermittent mandatory ventilation  
Inf. -Inferior  
Insp. -Inspiratory  
Int. -Internal  
Inv. -Inversion  
IOP -Intraocular pressure  
IPPB -Intermittent positive pressure breathing  
IPPR -Intermittent positive pressure respiration  
IPPV -Intermittent positive pressure ventilation  
IQ -Intelligence quotient  
IR -Internal rotation  
IRDS -Infant respiratory distress syndrome



IRQ -Inner range quadriceps  
IRV -Inspiratory reserve volume  
ISC -Intermittent self catheterisation  
IST -Infraspinatus tendon  
ISWT -Incremental Shuttle Walk Test  
I/T -Intermittent  
I/T C Tx -Intermittent cervical traction  
I/T L Tx -Intermittent lumbar traction  
IUCD -Intrauterine contraceptive device  
IUD -Intrauterine death  
IUFD -Intrauterine foetal death  
IUGR -Intrauterine growth retardation  
IVC -Inferior vena cava  
IVD -Intervertebral disc  
IVSD -Interventricular septal defect  
IFC – interferential current

## J

JCA -Juvenile chronic arthritis  
JDM -Juvenile diabetes mellitus  
JRA -Juvenile rheumatoid arthritis  
Jt. -Joint  
JVP -Jugular venous pressure

## K

KJ -knee jerk  
K -Wire Kirschner wire  
KAFO – knee ankle foot orthosis

## L

L 1-5 -Lumbar vertebrae 1-5  
LA -Local anaesthetic  
Lat – lateral  
LBE -Lateral basal expansion  
LBP -Low back pain  
LBW -Low birth weight  
LCA -Left coronary artery  
LCCS -Low cervical caesarean section  
LCL -Lateral collateral ligament  
LCM -Left costal margin  
LCx -Left circumflex  
LDDD -Lumbar degenerative disc disorder  
LDL -Low-Density-Lipoprotein type  
LFA -Left femoral artery  
LFTs -Liver function tests

nthomegroup  
LGA -Large for gestational age  
LH -Luteinising hormone  
LHF -Left heart failure  
LICS -Left intercostal space  
LIF -Left iliac fossa  
ligs. -Ligaments  
LOC -Loss of consciousness  
LOW -Loss of weight  
LP -Lumbar puncture  
LRTI -Lower respiratory tract infection  
LS -Lumbosacral  
LTHR -Left total hip replacement  
LMN – lower motor neuron  
LMNL – lower motor neuron lesion  
LOS – length of stay  
LTG – long term goal

## M

MAP – mean arterial pressure  
MED – minimal erythematol dose  
MAS -Motor assessment scale  
Max. -Maximum  
MCA -Middle cerebral artery  
MCP -Metacarpophalangeal  
MD -Muscular dystrophy  
MI – myocardial infarction  
MDI -Metered dose inhaler  
Meds -Medications  
Med. -Medial  
MGTT -Modified glucose tolerance test  
MHI -Manual hyperinflation  
Mhz -Megahertz  
MMSE -Mini mental state examination  
MMT -Manual muscle testing  
MND -Motor neurone disease  
MRI -Magnetic resonance imaging  
MRP -Motor relearning programme  
MTP -Metatarsophalangea  
MVA -Motor vehicle accident  
MVD -Mitral valve disease  
movt. -Movement  
Mx -Management  
MS – multiple sclerosis  
MCL- medial collateral ligament

## N

pthomegroup NBM	Nil By Mouth
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NAD -No abnormality detected  
NCV -Nerve conduction study  
Neb. -Nebuliser/nebulised  
NIBP -Non-invasive blood pressure  
NICU -Neonatal intensive care unit  
NIDDM -Not insulin dependent diabetes mellitus  
NIHSS -National Institute of Health Stroke Scale  
NIMV -Non invasive mask ventilation  
9-HPT -Nine-Hole Peg Test  
NIPV -Non invasive pressure ventilation  
NOF -Neck of femur  
NOH -Neck of humerus  
NP -Non productive  
NWB -Non weight bearing  
NSMDA -Neurosensory Motor Developmental Assessment  
NDT – neurodevelopmental treatment

## O

O2 -Oxygen  
O: -Objective  
OPD -Outpatients Department  
Ortho. -Orthopaedics  
ORQ -Outer range quadriceps  
OA – osteoarthritis  
OB – obstetrics  
ORIF – open reduction, internal fixation

## P

P – poor (used in muscle testing)  
P: - plan  
Paed -Paediatrics  
palp. -Palpitations  
PA – posterior/anterior  
para – paraplegia  
PCL – posterior cruciate ligament  
PE – pulmonary embolus  
PEEP – positive end expiratory pressure  
PF – plantar flexion  
PNF – proprioceptive neuromuscular facilitation  
PNI – peripheral nerve injury

nthomegroup  
POMR – problem-oriented medical record

post. – posterior

post-op – after surgery

PRE – progressive resistive exercise

pre-op – before operation

PROM – passive range of motion

PROME – passive range of motion exercise

PSIS – posterior superior iliac spine

PTB – patellar tendon bearing

PVD – peripheral vascular disease

PWB – partial weight bearing

PDA -Patent ductus arteriosus

PDMS -Peabody Developmental Motor Scale

PDx -Provisional diagnosis

PE -Physical examination

PEDI -Paediatric Evaluation of Disability Inventory

PEEP -Positive end expiratory pressure

PEFR -Peak expiratory flow rate

PENS -Percutaneous electrical nerve stimulator

PF -Patellofemoral

PFR -Peak flow rate

PFT -Pulmonary function test

PfX -Pelvic floor exercises

PGH -Pituitary growth hormone

PICA -Posterior inferior cerebral artery

PIP -Proximal interphalangeal

PIVD -Prolapsed intervertebral disc

PKB -Prone knee bend

## Q

quad. -Quadraplegia

quads. -Quadriceps

## R

ROM	Range Of Movement
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RA -Rheumatoid arthritis

Rehab – rehabilitation

RDS -Respiratory distress syndrome

REIL -Repeated extension in lying

REIS - Repeated extension in sitting  
RFIL - Repeated flexion in lying  
RFIS - Repeated flexion in standing  
REM - Rapid eye movement  
rep. - Repeated  
Resp. - Respiratory  
ret. - Retraction  
Rh -ve - Rhesus factor negative  
Rh +ve - Rhesus factor positive  
RHD - Rheumatic heart disease  
RHF - Right heart failure  
RIP - Raised intracranial pressure  
RJ - Radial jerk  
R-J - Robert Jones (bandage)  
R/O - Removal of  
rot. - Rotation  
RR - Respiratory rate  
RTI - Respiratory tract infection  
RVF - Right ventricular failure  
RVH - Right ventricular hypertrophy

## S

SA Node	Sinoatrial Node
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S1-5 - Sacral vertebrae (1-5)  
SaO<sub>2</sub> - Oxygen saturation  
SAFG - Short arm fibreglass (cast)  
SAPOP - Short arm plaster of Paris  
SAH - Subarachnoid haemorrhage  
SDH - Subdural haemorrhage/haematoma  
S/E - Subjective examination  
SFL/R - Side flexion left/right  
SGIS - Side glide in standing  
Sh. - Shoulder  
SIJ - Sacro-iliac joint  
SL - Side lying  
SLAP - Superior labrum anterior-posterior lesion  
SLE - Systemic lupus erythematosus  
SLFG - Short leg fibreglass (cast)  
SLPOP - Short leg plaster of Paris  
SLR - Straight leg raising  
SLS - Single leg stand  
SMI - Sustained maximal inspiration  
Sn - Suction

Sp. - Spirometry

SPS -Single point stick

Sput. -Sputum

SQ -Static quadriceps

s-s -Side to side

SST -Supraspinatus tendon

STM -Short term memory

STML -Short term memory loss

STR -Soft tissue release

Strep. -Streptococcus

subcut. -Subcutaneous

subj. -Subjective

Subscap. -Subscapularis (tendon)

Sup. -Supination

Sub US -Subaquatic ultrasound

SVC -Superior vena cava

Sx -Surgery

SACH – solid ankle cushion heel

SCI – spinal cord injury

SC jt. – sternoclavicular joint

SED – suberythematous dose

SOAP – subjective, objective, assessment, plan

SOB – shortness of breath

STG – short term goal

sup. – superior

## T

T1-12 -Thoracic vertebrae (1-12)

TB -Tuberculosis

TA -Tendoachilles

TBI -Traumatic brain injury

TBW -Tension band wiring

Temp. -Temperature

TENS -Transcutaneous electrical nerve stimulation

TEV -Talipes equinovarus

TFA -Transfemoral amputation

TFL -Tensor fasciae latae

TFT -Thyroid function tests

T/F -Transfer (physio)

TG -Triglycerides

THA -Total hip arthroplasty

THR -Total hip replacement

TIA -Transient ischaemic attack

TJ -Triceps jerks

TKA -Total knee arthroplasty

TKR -Total knee replacement  
TLR -Tonic labyrinthine reflex  
TMJ – temporomandibular joint  
TNR – tonic neck reflex  
TMT -Tarsometatarsal  
TOP -Termination of pregnancy  
TORCH(complex) -Toxoplasmosis, rubella, cytomegalovirus and herpes simplex  
TPP -Time, place and person  
TPR -Temperature, pulse and respiration  
TrA -Transversus abdominis  
tract. -Traction  
traps. -Trapezius  
TRH -Thyrotropin-releasing hormone  
TSH -Thyroid stimulating hormone  
TTA -Transtibial amputation  
TV -Tidal volume  
Tx -Traction

## U

UL -Upper limb  
ULTT -Upper limb tension test  
ULTT1-3 -Upper limb tension test 1-3  
UMN -Upper motor neuron  
UMNL – upper motor neuron lesion  
U/O -Urine output  
UPDRS -Unified Parkinson's Disease Rating Scale  
URT -Upper respiratory tract  
URTI -Upper respiratory tract infection  
US;U/S -Ultrasound  
UVR -Ultraviolet radiation

## V

VAS	Visual Analogue Scale
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VBI -Vertebrobasilar insufficiency  
VC -Vital capacity  
VEP -Visual evoked potential  
VF -Ventricular fibrillation  
VFT -Ventilatory function test  
VHD -Valvular heart disease  
vibs/vibes. -Vibrations

pt/homegroup  
Vit. -Vitamin  
Viz -namely  
VS -Vital signs  
VSD -Ventricular septal defect

## W

WB -Weight bearing  
W/C -Wheelchair  
W/cm<sup>2</sup> -Watts per centimetre squared (physio)  
Wee-FIM -Paediatric functional independence measure (physio)  
WNL -Within normal limits  
w/o -Without  
4WF -Four-wheeled frame (physio)  
2WF -Two-wheeled frame  
Wt -Weight  
wk. – week  
WNL – within normal limits

## X

## Y

y/o -Years old  
yr/s -Year/Years

## Z

ZF	Zimmer Frame
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## References

1. [http://www.hse.ie/eng/services/Publications/services/Hospitals/NHO\\_Abbreviations\\_Booklet.pdf](http://www.hse.ie/eng/services/Publications/services/Hospitals/NHO_Abbreviations_Booklet.pdf) ([http://www.hse.ie/eng/services/Publications/services/Hospitals/NHO\\_Abbreviations\\_Booklet.pdf](http://www.hse.ie/eng/services/Publications/services/Hospitals/NHO_Abbreviations_Booklet.pdf))
2. [http://en.wikipedia.org/wiki/List\\_of\\_medical\\_abbreviations](http://en.wikipedia.org/wiki/List_of_medical_abbreviations) ([https://en.wikipedia.org/wiki/List\\_of\\_medical\\_abbreviations](https://en.wikipedia.org/wiki/List_of_medical_abbreviations))

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