

Abbreviations and Symbols Used for Charting

Symbols or Abbreviations	Meaning
#	number
>	Greater than
@	at
+	Positive, plus, present
<	Less than, minus, negative, absent
-	approximately
↑	Increase, above
↓	Decrease, below
Δ	change
→	Radiates to
♀	female
♂	male
A&P	Anterior and posterior
A; pre	before
AAS	Active isolated stretching
Abd ,ARD	Abduction, (abdomen, abdominal)
AC	acromioclavicular
Add, ADD	adduction
Adh	Activities of daily life
AI	Accidental injury
AMA	Against medical advise
ANT	anterior

Symbols or Abbreviations	Meaning
A/O	Alert and oriented
AROM	Active ROM
ASAP	As soon as possible
BA	Back ache
bid	Twice a day
BIL	bilateral
BP	Blood pressure
BHP	Benign prostatic hyperplasia
BS	Bowel sounds, breathing sounds
c/o	Complains of
C1→7	Cervical vertebrae
CAD	Coronary artery disease
CC	Chief complaint
CHD	Congenital heart disease
CHF	Congestive heart failure
CNT	Could not test
CON	congested
COPD	Chronic obstructive pulmonary disease
CP	Chest pain
CPR	Cardiopulmonary resuscitation
crep	crepitus
CST	Craniosacral therapy
CV	cardiovascular
CVA	Cerebrovascular accident

Symbols or Abbreviations	Meaning
D/C	discontinue
DDD	Degenerative disc disease
DEV	deviation
DIST	distal
DJD	Degenerative joint disease
DKA	Did not keep
DM	Diabetes mellitus
DOB	Date of birth
DOE	Dyspnea (shortness of breath) on exertion
DOI	Date of injury
DP	Direct pressure
DVT	Deep vein thrombosis
Dx	diagnosis
ed	edema
EENT	Eye, ear, nose and throat
Eval	evaluate
ever	eversion
ext	extremity
EXT	External, extension
ext. rot.	External rotation
FH	Family history
Fl up	Flare up
FLEX	flexion
FROM	Full range of motion

Symbols or Abbreviations	Meaning
FT	Fibrous tissue
ft	foot
Fx	fracture
gastroc	gastrocnemius
GERD	Gastroesophageal reflux disease
GI	gastrointestinal
GYN	Gynecologic, gynecological
HA	Head ache
HBP	High blood pressure
HOH	Hard of hearing
HPI	History of present illness
hs	At bedtime
HT	Hypertonus, tension, tight muscles
HTR	hypertrophy
Hx	history
IF	iliofemoral
IHD	Ischemic heart disease
IM	intramuscular
INF	inferior
INFLAM	inflammation
INT	internal
int. rot.	Internal rotation
inver	inversion
IP	iliopsoas

Symbols or Abbreviations	Meaning
IT	Ischial tuberosity
ITB	Iliotibial band
IV	intravenous
jt	joint
KUB	Kidneys, ureter, bladder
kyph	kyphosis
L	left
L1→5	Lumbar vertebrae
Lat	Lateral, left anterior thigh
Lats	Latissimus dorsi
LB	Low back
LBP	Low back pain
LE	Lower extremities
LEV	Levator scapula
LLQ	Left lower quadrant (abdomen)
LMD	Local medical doctor
LN	Lymph node
LOC	Loss of consciousness, level of consciousness
lord	lordosis
LS	lumbosacral
LUQ	Left upper quadrant (abdomen)
M	murmur
MAEW	Moves all extremities well
mas	massage

Symbols or Abbreviations	Meaning
max	maximum
meds	Medication or medications
MET	Muscle energy technique
MFR	Myofascial release
MFW	Myofascial web, continuous fascial plane
MGF	Maternal grandfather
MGM	Maternal grandmother
MI	Myocardial infarction (heart attack)
Min	minimum
MLD	Manual lymphatic drainage
Ms	Musculoskeletal, muscle
MS	Multiple sclerosis
MVA	Motor vehicle accident
N/V	Nausea and vomiting
NA	Non-applicable, not answered
NKA	No known allergies
NMT	Neuromuscular therapy
NT	Nose and throat
O- \leftarrow	recumbent
OA	osteoarthritis
Occ	occasional
OCD	Obsessive compulsive disorder
OTC	Over-the-counter
P&B	Pain and burning

Symbols or Abbreviations	Meaning
P; post	after
palp	palpation
Pas Ex	Passive exercise
PE	Physical examination
pecs	Pectoralis major and minor
per, /	Through or by
PGF	Paternal grandfather
PGM	Paternal grandmother
PKD	Polycystic kidney disease
PI	Present illness
PMH	Past medical history
PMS	Premenstrual syndrome
Pn	pain
PNF	Proprioceptive neuromuscular facilitation
POM	Pain on motion
prn	As needed, as necessary
PROM	Passive range of motion
PROX	proximal
PSNS	Parasympathetic nervous system
Pt	patient
PT	Physical therapy
PTSD	Post traumatic stress disorder
Px	Prognosis, physical examination
q	every

Symbols or Abbreviations	Meaning
qd	Every day
qh	Every hour
qid	Four times a day
QL	Quadratus lumborum
qod	Every other day
qwk	Once a week
R	right
RA	Rheumatoid arthritis
RLQ	Right lower quadrant (abdomen)
ROM	Range of motion
ROS	Review of symptoms/systems
RSD	Reflex sympathetic dystrophy
RSI	Repetitive strain injury
RUQ	Right upper quadrant (abdomen)
Rx	Prescription, drug, medicine
S w/o	without
S1→5	Sacral vertebrae, sacrum
SCM	sternocleidomastoid
SCS	Strain, counterstrain
SFLE	Stress from life experience
SFT	Soft-tissue mobilization
SI	sacroiliac
SLE	Systemic lupus erythematosus
SNS	Sympathetic nervous system

Symbols or Abbreviations	Meaning
SOB	Shortness of breath
SOBOE	Shortness of breath on exertion
SP	spasm
spr	sprain
SQ, SC	subcutaneous
S&S, S/S	Signs and symptoms
stat	immediately
STI	Soft tissue injury
str	strain
SUP	Superior, supination
SwM	Swedish massage
Sx	symptoms
T1→12	Thoracic vertebrae
TeP	Tender point
TFL	Tensor fascia lata
Ther-x	Therapeutic exercise or procedure
TIA	Transient ischemia attack
tid	Three times per day
TMJ	Temporal mandibular joint
TMJD	Temporal mandibular joint dysfunction
TOS	Thoracic outlet syndrome
TP	Trigger point
TPR	Temperature, pulse, respiration
Traps	trapezius

Symbols or Abbreviations	Meaning
Tx	Treatment, therapy
UE	Upper extremity
URI	Upper respiratory infection
UTI	Urinary tract infection
VV	Varicose vein
WNL	Within normal limits
x	times
y/o	Years old

I have purposefully left some blank columns for you to fill in with your own symbols and abbreviations. Animal massage students to go to the following link for additional abbreviations and symbols which are sometimes different than human massage. <http://www.vetmed.wsu.edu/glossary/>