

Evaluation Techniques

Medical Shorthand and Abbreviations

Symbol	Definition
GP	general practitioner
WNL	within normal limits
Ⓕ	left
Ⓖ	right
Ⓑ	bilateral
AB	abnormal
fx	fracture
̄	with
̄, s or c	without
Hx, hx	history
pn	pn
mm, m	muscle
jt	joint
lig	ligament
⊖	negative
⊕	positive
wt	weight
sx	sign(s)
sy	symptom(s)
SOAP	Subj. Object. Assess. Plan
HOPS	Hx, Observ. Palp. Spec. Tests
POLICE	Protect, Opt. load, Ice, Comp., Excr
LOC	level of consciousness
Abd	abduction
Add	adduction
/ or ext	extension
√ or flx	flexion
ROM	range of motion
AROM	active ROM
PROM	passive ROM
RROM	resistive ROM
MOI	mechan. of injury/illness
FOOSH	fall on outstretched hand
mvt	movement
Ex, exam	examination
rep	repetition

the symbol I use.

Symbol	Definition
pt	patient
Tx, tx	treatment
̄	after
̄	before
Dx, dx	diagnosis
ddx	differential diagnosis
Px, px	prognosis
c/o	complains of
CC, C/C	chief complaint
DC, D/C	discontinue
RO, R/O	rule out
YO, Y/O	years old
↑	increase
↓	decrease
'	minute(s)
"	second(s)
re:	regarding
VS, vs	vital signs
BP	blood pressure
HR	heart rate
ADL	activities of daily living
BR	bed rest
~	approximately
ant	anterior
post	posterior
D	distal
P	proximal
loc	location
FWB	full weight bearing
PWB	partial weight bearing
NWB	no weight bearing
RTP	return to play
RTL	return to learn
DOMS	delayed onset mm soreness
PEARL	pupils equal & reactive to light
#	pounds

Symbol	Definition
Rx	prescription
ac	before meals
pc	after meals
bid	twice daily
tid	three times daily
q	every
qid	four times a day
qd	every day
qh	every hour
qod	every other day
hs	at bedtime
po	by mouth
prn	as needed
cc, cf	with food
disp.	dispense
as tol	as tolerated
ad lib	as much as desired
subcu	subcutaneously
Max	maximum
Min	minimum
OTC	over the counter
NSAID	non-steroidal anti-inflammatory drug
IBU	ibuprofen
bld	blood
ck	check
WP	whirlpool
US	ultrasound
HP, MH	hot pack; moist heat
ES	electrical stimulation
IFS	interferential stimulation
TENS	transcutaneous ^{electrical} neuromuscular stimulation
PNF	proprioceptive ^{neuro-} muscular facilitation
MMT	manual muscle test
CR	crutches
preop	pre-operation (before)
postop	post-operation (after)