

Physical Therapy Additional Abbreviations

- A -

A Assist
AD Assistive device
A & O Alert & oriented

- B -

BKWD Backwards
BOS Base of support

- C -

CGA Contact guard assist
CMC Carpal metacarpal
COG Center of gravity

- D -

DF Dorsiflexion

- E -

EOB Edge of bed
Exs Exercises
ER External rotation
EV Eversion

- F -

FWD Forward

- G -

GMS Gross motor strength

- H -

HEP Home exercise program
HNP Herniated Nucleus Pulposus
HS Heel slides or ham sets
HSC Ham string curls
HW Hemi walker

- I -

I Independent
IFC Interferential
IR Internal rotation
INV Inversion

- K -

KTC Knee to chest

- L -

LAQ Long arc quads
LTR Lower trunk rotation

- M -

MHP Moist hot pack
MM Muscle
MMT Muscle test

- N -

NT Not tested
NWB Non-weight bearing

- P -

PF Plantarflexion

- Q -

QS Quad sets

- R -

ROT Rotation
RW Roller walker
RD Radial deviation

- S -

SB Side bend
SBL Side bend left
SBR Side bend right
SI Sacroiliac
STD Standing
SWR Standard walker (or SW)
SLR Straight leg raise

- T -

TDWB Touch down weight bearing
T/O Throughout
TP Trigger point
TTP Tender trigger point
TTWB Tow touch weight bearing

- U -

UD Ulnar deviation

- V -

VMO Vastus medialis oblique
VC's Verbal cues or voice commands

- W -

w/cm Watts per centimeter

Symbols

→
2° To
Secondary