

MSK OUTPATIENT ONLY STANDARD ABBREVIATIONS Version 3**AIM:**

In clinical practice short abbreviations can save time and allow faster documentation. However, across musculoskeletal outpatient physiotherapy departments in NHS Lothian many different abbreviations are in use which have not been approved and agreed. The MSK subgroup managers have therefore asked the NHSL MSK Network group to form a list of Adult MSK Outpatient only abbreviations.

In order to support consistency across NHSL and improve patient safety the following list of abbreviations are now recognised and agreed with NHSL MSK Sub-Group Managers. Only the following recognised abbreviations are to be used when writing patient notes (paper or electronic).

BODY PARTS

Standard Abbreviation	
ACJ	Acromioclavicular joint
ACL	Anterior Cruciate Ligament
ACLR	Anterior Cruciate Ligament Reconstruction
ADM	Abductor digiti minimi
APB	Abductor pollicis brevis
APL	Abductor pollicis Longus
ASIS	Anterior superior iliac spine
ATFL	Anterior talofibular ligament
C (followed by a number)	Cervical vertebra
CMC	Carpometacarpal joint
CxSp	Cervical Spine
diapm	Diaphragm
DIPJ	Distal interphalangeal joint
DRUJ	Distal radioulnar joint
ECU	Extensor carpi ulnaris
ECRL and B	Extensor carpi radialis longus and brevis
EDBr	Extensor digitorum brevis
EDC	Extensor digitorum communis
EDL	Extensor digitorum longus
EDM	Extensor digiti minimi
EHL and B	Extensor Hallucis Longus and Brevis
EPL	Extensor pollicis longus
EPB	Extensor pollicis brevis
FHB	Flexor Hallucis brevis
FHL	Flexor Hallucis longus
Fib	Fibula
Gastroc	Gastrocnemius

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Author Evonne Sutherland, Band 7 Physio, WGH (in consultation with MSK Network Group Members and their respective OP teams. Approved by MSK Subgroup).

Review Date: Feb 2025

NHS Lothian MUSCULOSKELTAL OUTPATIENT APPROVED ABBREVIATIONS

GHJ	Glenohumeral joint
GI	Gastrointestinal
Glut Min/med/max	Gluteus minimus/medius/maximus
Hams	Hamstrings
IF	Index Finger
IPJ	Interphalangeal joint
ITB	Iliotibial band
Jt	Joint
L (followed by a number)	Lumbar spine
LBP	Low back pain
LL	Lower Limb
LCL	Lateral Collateral Ligament
LF	Little Finger
Lig	Ligament
LxSp	Lumbar spine
MC	Metacarpal
MCL	Medial Collateral Ligament
MCPJ	Metacarpophalangeal joint
MF	Middle Finger
MPFL	Medial Patellofemoral Ligament
MT	Metatarsal
MTPJ	Metatarsophalangeal joint
NSLBP	Non specific low back pain
PCL	Posterior cruciate ligament
PCLR	Posterior Cruciate Ligament Reconstruction
Pec minor/major	Pectoralis minor/major
PFJ	Patellofemoral joint
PIPJ	Proximal interphalangeal joint
PSIS	Posterior superior iliac spine
QL	Quadratus Lumborum
Quads	Quadriceps
RCL	Radial Collateral ligament
RF	Ring Finger
Rot Cuff	Rotator Cuff
Serr Ant	Serratus Anterior
SCJ	Sternoclavicular joint
SCM	Sternocleidomastoid
SIJ	Sacroiliac joint
TA	Tendoachilles
TFCC	Triangular fibrocartilagenous complex
TFL	Tensor fascia lata
Tib	Tibia
TMJ	Temporomandibular joint
TMTJ	Tarsometatarsal joint
T (followed by a number)	Thoracic vertebrae
Trans Abs	Transversus Abdominis

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TxSp	Thoracic spine
UCL	Ulnar collateral ligament
UL	Upper Limb
Upper Traps	Upper fibres of trapezius
VBI	Vertebro Basilar Insufficiency
VL	Vastus lateralis
VMO	Vastus Medialis Oblique

ADMIN

A	Analysis (from SOAP notes)
ABx	Antibiotics
ADL	Activities of Daily Living
A&E	Accident and Emergency
AFO	Ankle/foot arthrosis
AKP	Anterior knee pain
A/L	Annual Leave
am	Morning
APP	Advanced Physiotherapy Practitioner
Approx	Approximately
Appt	Appointment
Ax	Assessment
AS	Ankylosing Spondylitis
B	Band (eg B6 physio)
Bilat	Bilateral
BKA	Below Knee Amputation
BMD	Bone mineral density
BMI	Body Mass Index
BP	Blood Pressure
BPPV	Benign Paroxysmal Positional Vertigo
Ca	Cancer
Ca ²⁺ Deposits	Calcium Deposits
CES	Cauda Equine Syndrome
Chemo	Chemotherapy
CNA	Could Not Attend
c/o	Complaining Of
COPD	Chronic Obstructive Pulmonary Disease
CRPS	Complex Regional Pain Syndrome
CTS	Carpal Tunnel Syndrome
CSI	Corticosteroid Injection
CSW	Clinical Support Worker
CV	Cardiovascular
CVA	Cerebrovascular Accident
5 D's	Dizziness, drop attacks, dysarthria, dysphagia, diplopia
d/c	Discharge

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DEXA Scan	Dual-Energy X-ray Absorptiometry Scan
DOMS	Delayed Onset Muscle Soreness
Dx	Diagnosis
d/w	Discussed with
DH	Drug History
DHS	Dynamic Hip Screw
DOB	Date of Birth
DNA	Did not attend
Domi	Domiciliary
Dr	Doctor
DVT	Deep Vein Thrombosis
EPR	Electronic Patient Records
ESP	Extended Scope Practitioner
F2F	Face to Face
FFD	Fixed Flexion Deformity
FH	Family History
FNAR	For no apparent reason
FOOSH	Fall On Outstretched Hand
F/U	Follow up
GH	General Health
GP	General Practitioner
GP APP	General Practice Advanced Physiotherapy Practitioner
GTPS	Greater Trochanteric Pain Syndrome
H ₂ O	Water
HADS	Hospital Anxiety Depression Scale
HCSW	Health Care Support Worker
HPC	History of Present Complaint
HTN	Hypertension
Hx	History
Hrs	Hours
IVDU	Intravenous Drug Use
Ind	Independent
I/M	Intermittent
Ix	Investigations
IV	Intravenous
Kg (g)	Kilogram (gram)
L	Left
LHS	Left Hand Side
LMN	Lower Motor Neuron
LHD	Left Hand Dominant
MIU	Minor Injuries Unit
Mins	Minutes
MOI	Mechanism of Injury
MRI	Magnetic Resonance Imaging
MS	Multiple sclerosis
MSKHQ	Musculoskeletal Health Questionnaire

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MSKHQ PAL	Musculoskeletal Health Questionnaire Physical Activity Levels
MUA	Manipulation Under Anaesthetic
Mx	Management
3 N's	Nystagmus, Nausea/Vomiting, Numbness or paraesthesia
N	No
N/A	Not Applicable
NAD	Nothing abnormal detected
NBI	No bony injury
NICE	The National Institute for Health and Care Excellence
NKDA	No Known Detected Allergies
NP	New Patient
NSAID(s)	Non-steroidal anti- inflammatory drug(s)
N/T	Not tested
O	Objective (from SOAP notes)
occ	Occasional
OA	Osteoarthritis
Obs	Observation
OOPD	Orthopaedic Outpatient Department
OPD	Outpatient Department
O/R	On Rising
ORIF	Open Reduction Internal Fixation
Ortho	Orthopaedic
O/W	On Wakening
PAL	Peer Assisted Learning
P	Pain eg P1, P2 (used in context of body part)
P	Plan (from SOAP notes)
PC	Present Complaint
PH	Past History
PIFU	Patient Initiated Follow Up
P&N	Pins and needles
pm	afternoon
PMH	Past medical history
POP	Plaster of Paris (cast)
PRN	As Required / As Needed
pt	Patient
PT	Physiotherapist
PTSD	Post Traumatic Stress Disorder
PTA	Physiotherapist Assistant
QOL	Quality of Life
R/O	Removal of
R	Right
RA	Rheumatoid Arthritis
RCRSP	Rotator Cuff Related Shoulder Pain

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RHD	Right Hand Dominant
RHS	Right Hand Side
RM	Repetition Maximum
RTA	Road Traffic Accident
RTP	Return to Play
RTS	Return to Sport
RTW	Return to Work
R/V	Review
Rx	Treatment
S	Subjective (from SOAP notes)
SAD	Subacromial Decompression
Secs	Seconds
SH	Social History
SIN	Severity, Irritability, Nature
SLAP	Superior Labrum anterior posterior (lesion)
SOB	Short of Breath
SOBOE	Shortness of Breath on Exertion
SOS	Indicating when patient remains on active caseload and can contact department to rebook within a certain time frame rather than being discharged
s&s	signs and symptoms
T2DM	Type 2 Diabetes Mellitus
TBW	Tension Band Wiring
T/C	Telephone Call
TIA	Transient Ischemic Accident
TAA	Total Ankle Arthroplasty
TAR	Total Ankle Replacement
TER	Total Elbow Replacement
THA	Total Hip Arthroplasty
THR	Total Hip Replacement
TKA	Total Knee Arthroplasty
TKR	Total Knee Replacement
TSA	Total Shoulder Arthroplasty
TSR	Total Shoulder Replacement
UMN	Upper motor neuron
UTA	Unable to Attend
vs	versus
WFH	Working from Home
WSG	Worsening Statement Given
XR	X-Ray
Y	Yes
Yrs	Years
2/7	Two Days
2/52	Two Weeks
2/12	Two Months

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MOVEMENTS/TESTS/TECHNIQUES

Act	Active
Abd	Abduction
A/C	Axillary Crutch
Acup	Acupuncture
Add	Adduction
Ant	Anterior
ANT	Adverse Neural Tension
AP	Anteroposterior
AAROM	Active Assisted Range of Motion
AROM	Active Range of Motion
ASLR	Active Straight Leg Raise
AT	Aquatic Therapy
BES	Bed Edge Sit
BKFO	Bent Knee Fall Out
BW	Body Weight
c&c	Collar and cuff
Caud	Caudal
CBS	Canvas Back Splint
CEO	Common Extensor Origin
Ceph	Cephalad
CFO	Common Flexor Origin
CKC	Closed Kinetic Chain
Conc	Concentric
Cr Ly	Crook Lying
CTD	Carpal Tunnel Decompression
DBr	Deep Breathing
DB	Dumbbell
DF	Dorsiflexion
Dist	Distal
DA	Distension Arthrogram
DHR	Double Heel Raise
DTF	Deep Transverse Frictions
DTM	Dart Throwers Motion
d/w	Discussed with
Ecc	Eccentric
E/C ('s)	Elbow Crutch (es)
EOR	End of Range
ER	External Rotation
Ev	Eversion
Ex(s)	Exercise(s)
Ext	Extension
FABER	Flexion, Abduction, External rotation (hip)
FADER	Flexion, Adduction, External rotation (hip)

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FADIR	Flexion, Adduction, Internal rotation (hip)
FFROM	Full Functional Range of Movement
FAROM	Full Active Range of Movement
Flex	Flexion
FRC	Foundation Rehab Class
FROM	Full Range of Movement
FRQ	Full Range Quads
FWB	Full Weight Bearing
FAE	Functional Active Exercises
Gait Re-Ed	Gait re-education
Gd	Grade
Gd I or 1	Grade one
Gd II or 2	Grade two
Gd III or 3	Grade three
Gd IV or 4	Grade four
Gd V or 5	Grade five
GF	Gutter Frame
GRC	General Rehab Class
Horiz Abd	Horizontal Abduction
Horiz Add	Horizontal Adduction
HBB	Hand Behind Back
HBH	Hand Behind Head
HBN	Hand Behind Neck
HEP	Home Exercise Programme
HKB	Hinged Knee Brace
HS	Heel Strike
Hyper ext	Hyperextension
Hypermob	Hypermobile
Inf	Inferior
Inv	Inversion
IR	Internal Rotation
IRQ	Inner Range quads
ISOK	Isokinetic
ISOM	Isometric
ISOT	Isotonic
ISQ	In status quo (stable/no change)
Lat	Lateral
LLMCSP	Lower Limb Motor Control Screening Profile
LLRC	Lower Limb Rehab Class
LR	Lateral Rotation
Med	Medial
MR	Medial Rotation
MET	Muscle Energy Technique
MMT	Manual Muscle Testing

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Mob	Mobilise
MP	Muscle Power
MSK	Musculoskeletal
Mvt	Movement
MWM	Mobilisation with Movement
Myofasical TrP	Myofascial Trigger Point
NAG(S)	Natural apophyseal glide(s)
NBI	No Bony Injury
NRS	Numerical Rating Scale
NTPT	Neural Tissue Provocation Tests
NVI	Neurovascularly Intact
NWB	Non Weight Bearing
OKC	Open Kinetic Chain
ORQ	Outer Range Quads
OP	Overpressure
P1	Point in range where pain first felt
P2	Point in range where pain limits further
PA	Posteroanterior
PAIVM	Passive Accessory Intervertebral Movement
PAM	Passive Accessory Movement
Palp	Palpation
PF	Plantarflexion
PGP	Pelvic Girdle Pain
PKB	Prone knee bend
P & N	Pins and Needles
PNF	Proprioceptive Neuromuscular Facilitation
POLICE	Protection, Optimal loading, Ice , Compression, Elevation
PPIVM	Passive Physiological Intervertebral Movement
PPM	Passive Physiological Movement
PRICE	Protection, Rest, Ice, Compression, Elevation
PROM	Passive Range of Motion
Pron	Pronation
Prone Ly	Prone Lying
Prop	Proprioception
PSLR	Passive Straight Leg Raise
PTS	Poole Traction Splint
PWB	Partial Weight Bearing
R1	Point in range where resistance is first felt
R2	Point in range where resistance limits further movement

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RD	Radial deviation
Re-ed	Re-education
Reps	Repetitions
RDL	Romanian Dead Lift
ROM (AROM or PROM)	Range of Movement (active or passive)
Rot	Rotation
SHR	Single Heel Raise
SF	Side flexion
Side Ly (R or L)	Side Lying (Right or Left)
SL	Single Leg
STS	Sit to stand
SKB	Small Knee Bend
SLD	Single Leg Dip
SLR	Straight Leg Raise
SLS	Single Leg Stance
SNAG(S)	Sustained natural apophyseal glide(s)
SQ (s)	Static Quad (s)
STM	Soft Tissue Massage
S+C (Or S&C)	Strength and Conditioning
Sup	Superior
Supn	Supination
Sx	Symptoms
TAM	Total Active Movement
T-Band	Theraband
TENS	Transcutaneous electrical nerve stimulation
T/F	Transfer
No THREAD	No Thyroid, Heart, Rheumatoid Arthritis, Epilepsy, Asthma or Diabetes
TO	Toe Off
TOP	Tender on Palpation
TPS	Thermoplastic Splint
TrP	Trigger Point
TR	Through Range
TRQ	Through Range Quads
Trans	Transverse
TTWB	Toe Touch Weight Bearing
TUAG	Timed Up and Go
US	Ultrasound
USG	Ultrasound Guided
UD	Ulnar Deviation
VAS	Visual analogue scale (0=no pain 10=worst pain ever)
WB	Weight bearing
WBAT	Weight bearing as tolerated
W/C	Wheelchair
w/s	Walking stick

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3WW	3 Wheeled Walker
4WW	4 Wheeled Walker
ZF	Zimmer Frame
WZF	Wheeled Zimmer Frame

SPECIFIC MCKENZIE ABBREVIATIONS

EIL	Extension in lying
EIS	Extension in standing
ERP	End range pain
FIL	Flexion in lying
FISitt	Flexion in sitting
FIS	Flexion in standing
LSF	Left side flexion
LSGIS	Left side glide in standing
PDM	Pain during movement
REIL	Repeated extension in lying
REIS	Repeated extension in standing
RFIL	Repeated flexion in lying
RFIS	Repeated flexion in standing
RSF	Right side flexion
RSGIS	Right side glide in standing
Ret	Retraction
Prot	Protraction

NHS Lothian MUSCULOSKELTAL OUTPATIENT APPROVED ABBREVIATIONS

SYMBOLS

x	No of repetitions or frequency of exercises (e.g. 3x10reps daily)
&	And
@	at
~	Approximately
>	Greater
<	Lesser
1 ^o	Primary
2 ^o	Secondary
+ve	Positive
-ve	Negative
̄	With
↓	Decrease
↑	Increase
#	Fracture
o	Degree or nil/no/none
	Parallel
//	Post treatment
++	Present Significantly
+++	Present to excess
↕	Anteroposterior mobilisation
↕	Posteroanterior mobilisation
↙	Unilateral anteroposterior mobilisation (left sided)
↘	Unilateral anteroposterior mobilisation (right sided)
↖	Unilateral posteroanterior mobilisation (left sided)
↗	Unilateral posteroanterior mobilisation (right sided)
→	Transverse mobilisation to the right
←	Transverse mobilisation to the left

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RHEUMATOLOGY BASIC ABBREVIATIONS

AS	Ankylosing Spondylitis
BASDI	Bath Ankylosing spondylitis activity index
BASFI	Bath Ankylosing spondylitis Functional index
BAS-G	Bath Ankylosing spondylitis Global score
BASMI	Bath Ankylosing spondylitis metrology index
CTD	Connective tissue disease
DAS	Disease Activity Score
DMARD	Disease modifying anti rheumatic Drug
GCA	Giant Cell arteritis
HCQ	Hydroxychloroquine
HLA	Human leucocyte antigens
IBD	Inflammatory bowel disease
JIA	Juvenile idiopathic arthritis
LEF	Leflunomide
MTX	Methotrexate
PMR	Polymyalgia Rhuematica
PsA	Psoriatic Arthritis
RA	Rheumatoid arthritis
ReA	Reactive Arthritis
SpA	Spondyloarthritis
SSZ	Sulfasalazine

HOSPITALS / PHYSIOTHERAPY CLINICS and EDINBURGH UNIVERSITIES

AAH	Astley Ainslie Hospital
BGH	Borders General Hospital
BPCC	Bathgate Primary Care Centre
DunbarMC	Dunbar Medical Centre
ELCH	East Lothian Community Hospital
ENU	Edinburgh Napier University
GMMC	Gracemount Medical Centre
LB	Lauriston Building
LCTC	Leith Community Treatment Centre
MHCC	Mountcastle Health Care Centre
MPCC	Musselburgh Primary Care Centre
PACC	Pennywell All Care Centre
PMC	Pentlands Medical Centre
QMU	Queen Margaret University
RIE	The Royal Infirmary of Edinburgh
Royal Ed	The Royal Edinburgh Hospital, Psych Unit.
SHC	Sighthill Health Centre

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SJH	St John's Hospital
SMC	Slateford Medical Centre
SQHC	South Queensferry Health Centre
TXHC	Tollcross Health Centre
WGH	Western General Hospital

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