

# Physical Therapy Documentation Cheat Sheet

Physical therapy documentation is an essential part of a physical therapist's job. It records the patient's progress and helps in communication with other healthcare professionals and insurance companies.

## Abbreviations

Abbreviations can help save time and space in physical therapy documentation. However, it is essential to use them correctly and consistently. Here are some commonly used abbreviations in physical therapy documentation:

Letter A		Letter D	
Abbreviation	Definition	Abbreviation	Definition
AAROM	Active assisted range of motion	DA	Direct access
ABD	Abduction	DB	Dumbbell
AC	Acromioclavicular joint	DDD	Degenerative disc disease
ACDF	Anterior cervical discectomy and fusion	DFM	Degenerative joint disease
		DKTC	Double knee to chest
ADL	Activities of daily living	DLS	Double limb support
AFO	Ankle foot orthotic	DNF	Deep neck flexors
AKA	Above knee amputation	DPC	Digital patient care
AP	Anterior to posterior	Letter E	
APTA	American Physical Therapy Association	Abbreviation	Definition
		ECG or EKG	Electrocardiogram
AROM	Active range of motion	EDS	Ehlers-Danlos syndrome
Letter B		EIL	Extension in lying
Abbreviation	Definition	EIS	Extension in standing
BAPS	Biomechanical ankle platform system	EOB	Edge of bed
BFRT	Blood flow restriction training	EOS	End of session
BID/BIW	Twice a day/ Twice a week	ER	External rotation
BKA	Below knee amputation	ES	Electrical stimulation
b/l	Bilateral	Letter F	
BOS	Base of support	Abbreviation	Definition
BOS	Beginning of session	FAI	Femoroacetabular impingement
BP	Blood pressure	FIL	Flexion in lying
BPPV	Benign paroxysmal positional vertigo	FMS	Functional movement screen
Letter C		FOB	Foot of bed
Abbreviation	Definition	FOM	Functional outcome measure
cc	Cable column	Letter G	
CCP	Cervical cold pack	Abbreviation	Definition
CEU	Continuing Education Unit	GH	Glenohumeral joint
CHP	Cervical hot pack	GIRD	Glenohumeral internal rotation deficit
CP	Cold pack	Letter H	
CPT	Current Procedural Terminology	Abbreviation	Definition
CVAD	Central venous access devices	HABD	Horizontal abduction
cx	Cancel	HADD	Horizontal adduction
CX or CS	Cervical spine	HBB	Hand behind back

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**Christian Drosten**



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