

# Sports Medicine Abbreviations

## Quiz #1

<b>AC</b>	acromioclavicular joint
<b>ACL</b>	anterior cruciate ligament
<b>ADL</b>	activities of daily living
<b>AiIS</b>	anterior inferior iliac spine
<b>AMA</b>	against medical advice
<b>AP</b>	anterior-posterior
<b>AROM</b>	active range of motion
<b>ASIS</b>	anterior superior iliac spine
<b>ATC</b>	athletic trainer, certified
<b>ATF</b>	anterior talo-fibular ligament
<b>b.i.d.</b>	twice a day
<b>BP</b>	blood pressure
<b>bpm</b>	beats per minute
<b>CBC</b>	complete blood count
<b>CF</b>	calcaneo-fibular lig.
<b>CNS</b>	central nervous system
<b>c/o</b>	complains of
<b>CSF</b>	cerebral spinal fluid
<b>CT</b>	computerized tomography
<b>D/C</b>	discontinued or discharged
<b>DIP</b>	distal interphalangeal joints
<b>DTR</b>	deep tendon reflex
<b>Dx</b>	diagnosis
<b>ECG, EKG</b>	electrocardiogram
<b>EENT</b>	Ear, eyes, nose, throat
<b>EMG</b>	electromyogram
<b>ER</b>	external rotation
<b>FH</b>	family history
<b>FWB</b>	full weight bearing
<b>Fx</b>	fracture
<b>GI</b>	gastrointestinal
<b>HR</b>	heart rate
<b>Hx</b>	history
<b>ICU</b>	intensive care unit
<b>IM</b>	intramuscular
<b>IR</b>	internal rotation
<b>IV</b>	intravenous

## Quiz #2

<b>L</b>	left
<b>LBP</b>	lower back pain
<b>LCL</b>	lateral collateral ligament
<b>LE</b>	lower extremity
<b>LLQ</b>	left lower quadrant
<b>LOC</b>	loss of consciousness
<b>LUQ</b>	left upper quadrant
<b>Meds</b>	medications
<b>MCL</b>	medial collateral ligament
<b>MI</b>	myocardial infarction
<b>MMT</b>	manual muscle test
<b>MCP/MTP</b>	metacarpal/tarsal phalangeal
<b>MRI</b>	magnetic resonance imaging
<b>neg.</b>	negative
<b>NPO</b>	nothing by mouth
<b>NWB</b>	non weight bearing
<b>O.R.</b>	operating room
<b>ORIF</b>	open reduction, internal fixation
<b>PA or PAC</b>	physician's assistant
<b>PCL</b>	posterior cruciate ligament
<b>PEARL</b>	pupils, equal, and reactive to light
<b>PIP</b>	proximal interphalangeal jt.
<b>PNF</b>	proprioceptive neuromuscular facilitation
<b>pos.</b>	positive
<b>post-op</b>	after surgery
<b>pre-op</b>	before surgery
<b>PRE</b>	progressive resistive exercise
<b>PROM</b>	passive range of motion
<b>prn</b>	whenever necessary
<b>PSIS</b>	posterior superior iliac spine
<b>PT</b>	physical therapy, physical therapist
<b>Pt., pt.</b>	patient

### Quiz #3

<b>PTF</b>	posterior talo-fibular lig.
<b>PWB</b>	partial weight bearing
<b>q</b>	every
<b>q.d.</b>	every day
<b>q.h.</b>	every hour
<b>q.i.d.</b>	four times a day
<b>q.2 h.</b>	every 2 hours
<b>R</b>	right
<b>RCL</b>	radial collateral ligament
<b>RLQ</b>	right lower quadrant
<b>r/o</b>	rule out
<b>ROM</b>	range of motion
<b>RROM</b>	resistive range of motion
<b>RUQ</b>	right upper quadrant
<b>Rx</b>	prescription
<b>SC</b>	sternoclavicular joint
<b>SI</b>	sacroiliac
<b>SLR</b>	straight leg raise
<b>SOAP</b>	subjective, objective, assessment, plan
<b>stat.</b>	immediately, at once
<b>Sx</b>	symptoms
<b>tab</b>	tab
<b>TENS</b>	transcutaneous electrical nerve stimulation
<b>t.i.d.</b>	three times daily
<b>TMJ</b>	temporomandibular joint
<b>Tx</b>	treatment
<b>UCL</b>	ulnar collateral ligament
<b>UE</b>	upper extremity
<b>US</b>	ultrasound
<b>VMO</b>	vastus medialis oblique
<b>W/cm<sup>2</sup></b>	watts per square centimeter
<b>WNL</b>	within normal limits
<b>WP</b>	Whirlpool
<b>y/o</b>	years old
<b>@</b>	at
<b>c</b>	with
<b>s</b>	without
<b>a</b>	before (ante)
<b>p</b>	after (post)
<b>x</b>	times (i.e. 3 x week)
<b>&gt;</b>	greater than
<b>&lt;</b>	less than
<b>=</b>	equals
<b>+</b>	plus, positive
<b>-</b>	minus, negative
<b>~</b>	approximately
	down, decrease
	up, increase
	change, difference