

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

# Physical Therapy Documentation

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