FIRM·n·FOLD
AUSTRALIA'S PRINCIPAL PROVIDER OF MASSAGE EQUIPMENT

Common Abbreviations for Massage Therapists

GENERAL	
@	At
Pre	Before
Post	After
↑	Increase
↑↑	Large increase
↓	Decrease
↓↓	Large decrease
<	Less than
>	Greater than
+	Positive
+ve	Positive
-	Negative
C/O, C/-	Complains of
Ⓟ, P	Pain
MVA	Motor Vehicle Accident
ADL	Activities of daily living
QOL	Quality of life
Freq	Frequent
Min	Minimum
Max	Maximum
GP	General practitioner
/60	Minutes e.g. 20/60 = 20 minutes
/7	Days e.g. 2/7 = 2 days
/12	Months e.g. 5/12 = 5 months
/52	Weeks e.g. 6/52 = 6 months
/24	Hours e.g. 2/24 = 2 hours
1^0	First degree
2^0	Second degree
3^0	Third degree
(R)	Right
(L)	Left
X/10	Pain scale 1-10 1= no pain, 10 = most severe

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MEDICAL/ ANATOMICAL	
BP	Blood Pressure
DVT	Deep Vein Thrombosis
PRN	As required
NSAID	Non-steroidal Anti inflammatory drug
US	Ultrasound
LBP	Lower back pain
RA	Rheumatoid Arthritis
OA	Osteoarthritis
Cx	Cervical
Tx	Thoracic
ASIS	Anterior Superior Illiac Spine
AIIS	Anterior Inferior Illiac Spine

MUSCLES	
Traps	Trapezius
U/M/L Traps	Upper, Middle, Lower Trapezius
Pec+	Pectoralis Major
Pec-	Pectoralis Minor
Rhomb+	Rhomboid Major
Rhomb-	Rhomboid Minor
Terr+	Terres Major
Terr-	Terres Minor
Lats	Latissimus Dorsi
Lev Scap	Levator Scapula
Glut Max/Med/Min	Gluteus Maximus Gluteus Medius Gluteus Minimus
TFL	Tensor Fascia Latae
ITB	Illiotibial Band
QL	Quadratus Lumborum
Quads	Quadricep group
Hams	Hamstring group
Gastroc	Gastrocnemius
Rec Fem	Rectus Femoris
Pirif	Piriformis
Tib Ant	Tibialis Anterior
Infra	Infraspinatus
Supra	Supraspinatus
SCM	Sternocleidomastoid

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MOVEMENTS	
ADdn or add	Adduction
ABdb or abd	Abduction
Hor	Horizontal
Rot	Rotation
Lat	Lateral
Med	Medial
Ant	Anterior
Post	Posterior
Dist	Distal
Prox	Proximal
Fx or flex	Flexion
Ex or ext	Extension
Pron	Pronation
Supn	Supination
ROM	Range of Motion
AROM	Active Range of Motion
PROM	Passive Range of Motion
RROM	Resistive Range of Motion
FROM	Full Range of Motion

TECHNIQUES	
GRM	General Relaxation Massage
FB	Full Body
DTM	Deep Tissue Massage
EFF	Effleurage
Pet	Petrissage
PRT	Positional Release Technique
ART	Assisted Release Technique
PNF	Proprioceptive Neuromuscular Facilitation
MFR	Myofascial Release
STM	Soft tissue Massage
FBM	Full body massage
TP	Trigger Point
LTP	Latent Trigger Point
ATP	Active Trigger Point
MET	Muscle Energy Technique
MLD	Manual Lymphatic Drainage
XFF or CFF	Cross Fibre Friction
CF	Circular Friction
DIP	Digital Ischemic Pressure
S-C-S	Strain-Counterstrain
LF	Longitudinal Friction
P/R	Press and Release.

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