* Books
  + O’Sullivan Physical Rehab
  + APTA Defensible Documentation (Download Only-Print off APTA website)
* 2nd Exam Cumulative
* Terms
  + Why Important?
    - Professionalism
    - Reflects Change in thought
      * Ex: Bedsore is now called a Pressure Sore
      * Us learning that bed sores come from pressure and can happen outside of a bed
    - Consistency
    - Billing & reimbursement
* Anatomical Position
  + Fingers & thumbs in Extension!
* Motions
  + Takes place on planes around axes
  + The axis in motion is perpendicular to the plane
    - ABD/ADD takes place on the CORONAL plane about the SAGITTAL axis
    - FLEX/EXT takes place on the SAGITTAL plane about the FRONTAL axis
    - ROTATION takes place on the TRANSVERSE about the LONGITUDINAL axis
* Key Terms
  + Caudual= closer to the buttocks
  + Cranial= closer to the head
  + Proximal= closer
  + Distal= farther
  + Inferior= closer to feet
  + Superior= closer to the head
  + Dorsal= the backside
  + Ventral= the front side
  + Medial= closer to the midline of the body
  + Lateral= farther from the midline of the body
  + Superficial= closer to the surface
  + Deep-= farther from the surface
  + Rotation
    - R & L
      * Only at axial skeleton
    - Medial (internal) & Lateral (External)
      * Appendicular skeleton
  + Lateral Flexion
    - Only @ axial skeleton
  + Hyperextension= beyond the normal ROM or beyond neutral
* Motions of the shoulder
  + GH Jt
    - Flex/ext, ABD/ADD, IR/ER, Horizontal ABD/ADD
  + Scapula
    - Elevation, depression, abd/add, anterior tilit, up/downward rotation

…. Yadda, yadda, yada

LEARN ABBREVIATIONS LIST & SYMBOLS (Get Jason’s Highlights)

A’s:

A -Assist

AD- Assistive Devices

AAROMS

AKA

AMA

AMB

AT

AROM

Asa

B’s:

B – Bilateral

B/S

BKA

Bld

BLE

BM

BOS

BP

BSC

BUE

CA

CGA

CHF

CLOF

CO

c/o

COE

C/S, c-spine

CVA

D/C

Dept

Df

Dm

Dob

Doe

Dtr

dx

Ease

Ed

Eob

Eom

Er

Etoh

Eval

Ex

Exam

Ext

Ext

Ext rot

Fub

Flex

Fwrw

Fwn

Fx

Gt

Hh

Hnp

Ha

Hct

h/o

hep

hob

hoh

HR

Hr

Hs

Ht

Htn

I (in circle)

IADL

ICU

Inf

Int rot

Jt

L- in circle

Lat

Lb

Lbqc

LL

LL

LLQ

LOC

LLQS

L/S

LTG

LUE

MD

Meds

Mi

Min

MMT

Mod

Nv

Nbq

Nkfa

Nkoa

Nml

Nn

Npo

Nt or n/t

O2

Oob

Op

Pf

Ph

Pmh

Pn

Poc

Post (posterior pr post) p (with line over it)

Ppe

Prom

PT (Physical therapist or partial thickness)

pt or Pt= patient

pta

pu

pwb

qd

r (in circle)

re:

RLE  
RLQ

r/o

rom

ros

rot

rr

rrom

rue

ruq

rw

s (with circle)

sba

spb

spc

spinal injusy

sh

shldr

slr

sls

sob

s/p

sp

stat

stg

str

SC

sup

sx

ssx

tbsa

tha

ther ex

tie

tiss

tka

3 times a day

Tkr

t-spine

ttp

ttwb

tx

ue

uss

us

uti

vbc

vo

wb

wbt

wc or WC

WFl

WNL

y/o or yr

Pg 54 Symbols

P with line

~

@

A with line

Lil degree sign

Down/up arrow

=

X with line

Male/female symbols

Greater/lesser than signs

Negative sign with circle