



SOAP NOTE ABBREVIATIONS & SYMBOLS – GENERAL

Description	Abbreviation / Symbol	Description	Abbreviation / Symbol	Description	Abbreviation / Symbol
Action	A	History	Hx	Right	(R) / R
And, Extra	&, +	Home Exercise Plan / Homework	HEP/ HW	Subjective Assessment	S
Assessment	Ax	Ipsilateral	Ipsi	Symptoms	Sx
At	@	Left	(L) / L	Tenderness On Palpation	TOP
After	Post	Less than	<	Tension	Tens
Bilateral	Bilat	LLNT	Lower Limb Neural Tension	Tightness	T
Before	Pre	Massage Therapist	MT	Treatment	Rx
Client	Cl	Medial	Med	ULNT	Upper Limb Neural Tension
Contralateral	Contra	Myotherapist	Myo	Within Normal Limits	WNL
Complained of	c/o	Not Applicable	N/A		
Equals	=	Objective Assessment	O		
Exercise Physiology	EP	Pain	Pa / P		
Greater than	>	Palpation	Palp / Palp'n		
Headache	HA	Personal Trainer	PT		

SOAP NOTE ABBREVIATIONS & SYMBOLS STRUCTURES & LANDMARKS

Description	Abbreviation / Symbol	Description	Abbreviation / Symbol	Description	Abbreviation / Symbol
Abdominals	Abs	Gluteus Maximus, Medius, Minimus	Glute max, med, min	Quadratus Lumborum	QL
Anterior Superior Iliac Spine	ASIS	Hamstrings	Hams	Quadriceps	Quads
Attachment/s	Attmt	Head of Femur	HOF	Rotator Cuff	RC
Biceps Brachii	BBrach	Head of Humerus	HOH	Rectus Femoris	RFem
Biceps Femoris	BFem	Iliopsoas	IP	Sacrum, Sacral Level	Sac, S1-5
Connective Tissue	CT	Iliotibial Band	ITB	Soft Tissues	STs
Cranium	Cr	Infraspinatus	Infra	Suboccipitals	Subocc
Cervical, Cervical Vertebrae	Cx, / Csp, C1-7	Joint	Jt	Supraspinatus	Supra
Deltoid	Delt	Latissimus Dorsi	Lats	Tensor Fascia Latae	TFL
Diaphragm	Diaph	Lumbar, Lumbar Vertebrae	Lx / Lsp, L1-5	Thoracic, Thoracic Vertebrae	Tx / Tsp, T1-12
Erector Spinae / Paraspinals	ES / Parasp	Muscle/s	Mm	Thoracolumbar Fascia	TL Fasc
Fascia	Fasc	Piriformis	Piri	Transversus Abdominus	TvA
Gastrocnemius	Gastroc	Posterior Superior Iliac Spine	PSIS	Trigger Point	TrP
Gemelli / Obturator muscles	GOGOs	Quadratus Femoris	Quad Fem		



SOAP NOTE ABBREVIATIONS & SYMBOLS – MOVEMENT

Description	Abbreviation / Symbol	Description	Abbreviation / Symbol
Abduction	ABD	Passive ROM	pROM
Active ROM	aROM	Posterior	Post
Adduction	ADD	Proximal	Prox
Anterior	Ant	Quality of Movement	QOM
Distal	Dist	Range of Motion	ROM
Downward Rotation	DR	Rotation	Rotn
End of Range	EOR	Superior	Sup
Extension	Ext	Upward Rotation	UR
External Rotation / Lateral Rotation	ER / LR		
Flexion	Flex		
Inferior	Inf		
Internal Rotation / Medial Rotation	IR / MR		
Lateral	Lat		
Lateral Flexion	Gastroc		
Medial	Med		
Movement	Mvmt		



SOAP NOTE ABBREVIATIONS & SYMBOLS – TREATMENT

Description	Abbreviation / Symbol	Description	Abbreviation / Symbol
Active Tissue Tension	aTT	Myofascial Release	MFR
Anterior to Posterior Directional Mobilisation	A-P Mobs	Neuromuscular Release Technique	NMT
Contract - Relax	C-R	Passive Tissue Tension	pTT
Cranio-Sacral Therapy	CST	Petrissage	Pet
Cross Fibre Friction	XFF	Pin & Stretch	P+S
Deep Tissue Massage	DTM	Positional Release technique	PRT
Digital Ischaemic Pressure	DIP	Post Isometric Relaxation	PIR
Direct Pressure	DP	Posterior to Anterior Directional Mobilisation	P-A Mobs
Effleurage	Eff	Proprioceptive Neuromuscular Facilitation	PNF
Friction	Fx	Reciprocal Inhibition	RI
Instrument Assisted Soft Tissue Massage	IASTM	Rest, Ice, Compression, Elevation, Refer	RICER
Local Twitch Response	LTR	Sustained Natural Apophyseal Glide	SNAG / NAG
Manual Lymphatic Drainage	MLD	Trigger Point Therapy	TrPT
Mobilisation with Movement	MWM	Soft Tissue Therapy	STT
Muscle Energy Technique	MET	Trigger Point Therapy	TrPT
Myofascial Cupping	MCup	Visceral Manipulation	VM
Myofascial Dry Needling	MDN		