

## Common Therapy Abbreviations

The following list reflects medical abbreviations used in the Klose Training & Consulting MLD/CDT training manual. A complete list of common medical abbreviations is available at: [www.wikipedia.org](http://www.wikipedia.org)

ā	Before	CSF	Cerebral spinal fluid
A	Anterior	CT	Computed axial tomography
A	Assessment	CVI	Chronic venous insufficiency
AAA	Abdominal aortic aneurysm	CVM	Congenital vascular malformations
A&P	Anatomy and physiology	CXR	Chest X-ray
ABD	Abduction	DD	Differential diagnoses
AC	Acromioclavicular joint	DF	Dorsiflexion
ADD	Adduction	DM	Diabetes Mellitus
ADL	Activity of daily living	DNR	Do not resuscitate
ALND	Axillary lymph node dissection	DVT	Deep vein thrombosis
Amb	Ambulate	Dx	Diagnosis
ANS	Autonomic nervous system	E Stim	Electrical stimulation
AROM	Active range of motion	ER	External rotation
ARF	Acute renal failure	ESRD	End-stage renal disease
A-V	Arterio-venous	Ev	Eversion
AWS	Axillary web syndrome	Ex	Exercise
B	Bilateral	FDA	Food and drug administration
BCP	Blood capillary pressure	Flex	Flexion
B.I.D.	Twice daily	FWB	Full weight bearing
BMD	Bone mineral density	Fx	Fracture
BMI	Body mass index	Gm/dl	Gram per deciliter
BMT	Bone marrow transplant	GI	Gastrointestinal
BP	Blood pressure	H/A	Headache
BPM	Beats per minute	Hb	Hemoglobin
BrCA	Breast cancer	HCT	Hematocrit
Bx	Biopsy	HEP	Home exercise program
c	With	HP	Hot pack
CA	Carcinoma	HGB	Hemoglobin
CAT	Computed axial tomography	H&N	Head and neck
CBC	Complete blood count	H&P	History and physical
CDT	Complete decongestive therapy	HR	Heart rate
CHF	Congestive heart failure	HRT	Hormone replacement therapy
CKC	Closed kinetic chain	HT	Hypertension
CLT	Certified lymphedema therapist	Hx	History
cm	Centimeter	I	Independent
CNS	Central nervous system	IBD	Inflammatory bowel disease
contralateral	in the opposite side	IBS	Irritable bowel syndrome
COP	Colloid osmotic pressure	ICU	Intensive care unit
COP <sub>1</sub>	Colloid osmotic pressure of the interstitium	IDDM	Insulin dependent diabetes mellitus
COP <sub>p</sub>	Colloid osmotic pressure of the plasma	IFP	Interstitial fluid pressure
CP	Cold pack	I.M.	Intramuscular
CRF	Chronic renal failure	IP	Interphalangeal joint
CRI	Chronic renal insufficiency	IU	International units
CRPS	Complex Regional Pain Syndrome	i.v.	Intravenous
		ipsilateral	on the same side
		Kg	Kilogram
		(L)	Left

L	Leukocytes	PWB	Partial weight bearing
L	Liters	q	every
L	Lumbar	q.d.	every day
LANA	Lymphology Association of North America	q.h.	every hour
LE	Lower extremity	q.i.d.	4x/day
LL	Lymph load	QOL	Quality of life
Ln	Lymph node	(R)	Right
Lnn	Lymph nodes	RA	Rheumatoid Arthritis
LQ	Lower quadrant	RBC	Red blood cells
LTV	Lymph time volume	RLQ	Right lower quadrant
Ly	Lymphocytes	R/O	Rule out
Max	Maximal	ROM	Range of motion
MC	Metacarpal	Rot	Rotation
MCP	Metacarpal phalangeal joint	RR	Respiratory rate
MFR	Myofascial release	RSD	Reflex sympathetic dystrophy
Min	Minimal	RT	Radiation therapy
Mm	Muscle	RUQ	Right upper quadrant
ml	Milliliter	Rx	Prescription/Treatment
MLD	Manual lymphatic drainage	S	Subjective
Mmt	Manual muscle test	SB	Sidebend
Mob	Mobilization	SBA	Standby assist
Mod	Moderate	SD	Standard deviation
MRI	Magnetic resonance imaging	SLNB	Sentinel lymph node biopsy
MT	Metatarsal	SNS	Sympathetic nervous system
MT	Massage therapist	SOAP	Subjective, Objective, Assessment, Plan
MTP	Metatarsal phalangeal joint	SOB	Shortness of breath
n	Sample size	S/P	Status post
NS	Nervous system	STM	Soft tissue mobilization
NSAIDs	Nonsteroidal anti- inflammatory drugs	Sup	Supination
NSS	Normal saline solution	Sx	Surgery
NWB	Non weight bearing	TC	Transport capacity
O	Objective	TD	Thoracic duct
OKC	Open kinetic chain	Ther Ex	Therapeutic exercise
p	after	t.i.d.	Three times per day
P	Plan	Tx	Treatment
P	Posterior	VEGFR	Vascular endothelial growth factor receptor
PE	Pulmonary embolism	UE	Upper extremity
PF	Plantar flexion	US	Ultrasound
PIP	Proximal interphalangeal joint	WBC	White blood cells
PMHx	Past medical history	W/C	Wheelchair
PNS	Parasympathetic nervous system	WFL	Within functional limits
prn	As needed	WNL	Within normal limits
PROM	Passive range of motion	WS	Watershed
Pt	Patient	x	except
PVD	Peripheral vascular disease	x	Times
		XRT	External beam radiation therapy

## **GLOSSARY**

### **Anastomosis**

A natural communication between two vessels; may be direct or by means of connecting channels. The surgical or pathological connection of two tubular structures. The plural form is Anastomoses.  
Taber's Cyclopedic Medical Dictionary

### **Angiography**

A description of blood vessels and lymphatics. Roentgenography of blood vessels after injection of radiopaque substance. Recording the movements of the arterial pulse by use of a sphygmograph.  
Taber's Cyclopedic Medical Dictionary

### **Angioma**

A form of tumor, usually benign, consisting principally of blood vessels (hemangioma) or lymph vessels (lymphangioma). Considered to be remnants of fetal tissue misplaced or undergoing disordered development.  
Taber's Cyclopedic Medical Dictionary

### **Angiosarcoma**

Malignant neoplasm originating from blood vessels.  
Taber's Cyclopedic Medical Dictionary

### **Baker Cyst**

Synovial cyst (pouch) arising from the synovial lining of the knee. It occurs in the popliteal fossa. Named after William M. Baker, British Surgeon 1839-1896.  
Taber's Cyclopedic Medical Dictionary

### **Cardiac Edema**

An accumulation of serum fluid from blood plasma in the interstitial tissues as a result of congestive heart failure. In severe cases, the fluid may also accumulate in serous cavities.  
Mosby's Medical Dictionary

### **Cellulitis**

A diffuse, acute infection of the skin and subcutaneous tissue characterized most commonly by local heat, redness, pain, and swelling, and occasionally by fever, malaise, chills, and headache. Abscess and tissue destruction usually follow if antibiotics are not taken. The infection is more likely to develop in the presence of damaged skin, poor circulation, or diabetes mellitus. In addition to appropriate antibiotics, treatment includes warm soaks, elevation, and avoidance of pressure to the affected areas.  
Mosby's Medical Dictionary

### **Chyle**

The cloudy liquid products of digestion taken up by the small intestine. Consisting mainly of emulsified fats, chyle passes through fingerlike projections in the small intestine, called lacteals, and into the lymphatic system for transport to the venous circulation at the thoracic duct in the neck. Also called chylus. -chylous, adj.  
Mosby's Medical Dictionary

### **Congestive Heart Failure (CHF)**

An abnormal condition that reflects impaired cardiac pumping, caused by myocardial infarction, ischemic heart disease, or cardiomyopathy. Failure of the ventricle to eject blood efficiently results in volume overload, chamber dilatation, and elevated intracardiac pressure. Retrograde transmission of increased hydrostatic pressure from the left heart causes pulmonary congestion; elevated right heart pressure causes systemic venous congestion and peripheral edema. See also heart failure.  
Mosby's Medical Dictionary

### **Deep Venous Thrombosis (DVT)**

The formation, development, or existence of a blood clot or thrombus within the vascular system. This is a life-saving process when it occurs during a hemorrhage. It is a life-threatening event when it occurs at any other time because the clot can occlude a vessel and stop the blood supply to an organ or part. The thrombus, if detached, becomes an embolus and occludes a vessel at a distance from the original site; for example, a clot in the leg may break off and cause a pulmonary embolus.

Taber's Cyclopedic Medical Dictionary

**Erysipelas**

An infectious skin disease characterized by redness, swelling, vesicles, bullae, fever, pain, and lymphadenopathy. It is caused by a species of group A, beta-hemolytic streptococci. Treatment includes antibiotics, analgesics, and packs or dressings applied locally to the lesions.

Mosby's Medical Dictionary

**Hypokeratoses**

Horny Growth. Any condition of the skin characterized by the formation of horny growths or excessive development of the horny growth.

Taber's Cyclopedic Medical Dictionary

**Hysterectomy**

Surgical removal of the uterus through the abdominal wall or through the vagina. The presence of benign or malignant tumors is the most frequent reason for hysterectomy.

Taber's Cyclopedic Medical Dictionary

**Lipedema**

A condition in which fat deposits accumulate in the lower extremities, from the hips to the ankles, accompanied by symptoms of tenderness in the affected areas. (Treatment is Dietary?)

Mosby's Medical Dictionary

**Lymph**

A thin opalescent fluid originating in many organs and tissues of the body that is circulated through the lymphatic vessels and filtered by the lymph nodes. Lymph enters the bloodstream at the junction of the internal jugular and subclavian veins. It contains chyle, a few erythrocytes, and variable numbers of leukocytes, most of which are lymphocytes. It is otherwise similar to plasma. See also Chyle.

Mosby's Medical Dictionary

**Lymph node**

One of the many small oval structures that filter the lymph and fight infection, and in which there are formed lymphocytes, monocytes, and plasma cells. The lymph nodes are different sizes, some as small as pinheads, others as large as lima beans. Each node is enclosed in a capsule, is composed of a lighter colored cortical portion and a darker medullary portion, and consists of closely packed lymphocytes, reticular connective tissue laced by trabeculae, and three kinds of sinuses, subcapsular, cortical, and medullary. Lymph flows into the node through afferent lymphatic vessels that open into the subcapsular sinuses. Efferent lymphatic vessels arise from the medullary sinuses of the node and emerge through a small peripheral hilum that also receives blood vessels. The sinuses and meshes of reticular fibers retard the flow of lymph to which lymphocytes are added from germinal centers within the node that multiply those cells by mitosis. Most lymph nodes are clustered in (specific) areas, as the mouth, the neck, the lower arm, the axilla, and the groin. The lymphatic network and nodes of the breast are especially crucial in the diagnosis and treatment of breast cancer in women. Cancer cells from a "primary" breast tumor often spread through the lymphatic system to other parts of the body. Also called lymph gland.

Mosby's Medical Dictionary

**Lymphangiography**

The x-ray examination of lymph glands and lymphatic vessels after an injection of contrast medium. Also called lymphography.

Mosby's Medical Dictionary

**Lymphangioma**

pl. lymphangiomas, lymphangiomata. A benign, yellowish-tan tumor on the skin, composed of a mass of dilated lymph vessels. It is often removed by excision or electrocoagulation for cosmetic reasons. Also called angioma lymphaticum. Compare hemangioma. (See Angioma)  
Mosby's Medical Dictionary

### **Lymphangitis**

An inflammation of one or more lymphatic vessels, usually resulting from an acute streptococcal infection of one of the extremities. It is characterized by fine red streaks extending from the infected area to the axilla or groin, and by fever, chills, headache, and myalgia. The infection may spread to the bloodstream. Penicillin and hot soaks are usually prescribed; aseptic technique is important to avoid contagion.  
Mosby's Medical Dictionary

### **Lymphatic system**

A vast, complex network of capillaries, thin vessels, valves, ducts, nodes, and organs that helps to protect and maintain the internal fluid environment of the entire body by producing, filtering, and conveying lymph and by producing various blood cells. The lymphatic network also transports fats, proteins, and other substances to the blood system and restores 60% of the fluid that filters out of the blood capillaries into interstitial spaces during normal metabolism. The peripheral parts of the lymphatic complex do not directly communicate with venous system into which the lymph flows, but the endothelium of the veins at the junction of the blood and the lymphatic networks is continuous with the endothelium of the lymphatic vessels. Small semilunar valves throughout the lymphatic network help to control the flow of lymph and, at the junction with the venous system, prevent venous blood from flowing into the lymphatic vessels. The lymph collected from throughout the body drains into the blood through two ducts situated in the neck. Various body dynamics, as respiratory pressure changes, muscular contractions, and movements of organs surrounding lymphatic vessels combine to pump the lymph through the lymphatic system. The thoracic duct that rises into the left side of the neck is the major vessel of the lymphatic system and conveys lymph from the whole body, except for the right quadrant, which is served by the right lymphatic duct. Lymphatics have a beaded appearance because of sinuses associated with the many valves in the vessels. They resemble veins but have more valves, thinner walls, and contain lymph nodes. The lymphatics are so thin and transparent that the lymph they contain can be seen moving through these delicate tubules in a living body. Special techniques are required, however, to examine the lymphatic system closely. The lymphatic capillaries, which are the beginning of the system, abound in the dermis of the skin, forming a continuous network over the entire body, except for the cornea. The system also includes specialized lymphatic organs, as the tonsils, the thymus, and the spleen. The lymphatics of the intestine contain a special substance especially during the digestion of fatty foods. Lymph flows into the general circulation through the thoracic duct at a rate of about 125 ml per hour during routine exertion. The rate may jump to as high as 1800 ml per hour during vigorous exercise. See also lymph, lymph node, spleen, thymus, Color Atlas of Human Anatomy.  
Mosby's Medical Dictionary

### **Lymphedema**

A primary or secondary disorder characterized by the accumulation of lymph in soft tissue and swelling, caused by inflammation, obstruction, or removal of lymph channels. Congenital lymphedema (Milroy's disease) is a hereditary disorder characterized by chronic lymphatic obstruction. Lymphedema praecox occurs in adolescence, chiefly in females, and causes puffiness and swelling of the lower limbs, apparently because of hyperplastic development of lymph vessels. Secondary lymphedema may follow surgical removal of lymph channels in mastectomy, obstruction of lymph drainage caused by malignant tumors, or the infestation of lymph vessels with adult filarial parasites. Lymphedema of the lower extremities begins with mild swelling of the foot, gradually extends to the entire limb, and is aggravated by prolonged standing, pregnancy, obesity, warm weather, and the menstrual period. There is no cure for the disorder, but lymph drainage from the extremity can be improved if the patient sleeps with the foot of the bed elevated 4 to 8 inches, wears elastic stockings, and takes moderate exercise regularly. Light massage in the direction of the lymph flow and thiazide diuretics may be prescribed; constricting clothing and salty or spicy foods that increase thirst are contraindicated. Surgery may be performed to remove hypertrophied lymph channels and disfiguring tissue. -lymphedematous, lymphedematose, adj.

**Lymphoma**

(pl. lymphomas, lymphomata) A neoplasm of lymphoid tissue that is usually malignant but, in rare cases, may be benign. The various lymphomas differ in degree of cellular differentiation and content, but the manifestations are similar in all types. Characteristically, the appearance of a painless, enlarged lymph node or nodes is followed by weakness, fever, weight loss, and anemia. With widespread involvement of lymphoid tissue, the spleen and liver usually enlarge, and gastrointestinal disturbances, malabsorption, and bone lesions frequently develop. Men are more likely than women to develop lymphoid tumors. Treatment for lymphoma includes intensive radiotherapy and chemotherapy. Kinds of lymphoma include Burkitt's lymphoma, giant follicular lymphoma, histiocytic malignant lymphoma, Hodgkin's disease, mixed cell malignant lymphoma.  
Mosby's Medical Dictionary

**Melanoma**

Any of a group of malignant neoplasms, primarily of the skin, that are composed of melanocytes. Most melanomas develop from a pigmented nevus over a period of several months or years and occur most commonly in fair-skinned people having light-colored eyes. A previous sunburn also increases a person's risk. Any black or brown spot having an irregular border, pigment appearing to radiate beyond that border, a red, black, and blue coloration observable on close examination, or a nodular surface is suggestive of melanoma and is usually excised for biopsy. Prognosis depends on the kind of melanoma, its size, depth of invasion, and location, and the age and condition of the patient. Kinds of melanoma are amelanotic melanoma, benign juvenile melanoma, and superficial spreading melanoma. Compare blue nevus. See also Hutchinson's freckle.  
Mosby's Medical Dictionary

**Osmosis**

The passage of solvent through a semipermeable membrane that separates solutions of different concentrations. The solvent, usually water, passes through the membrane from the region of lower concentration of solute to that of a higher concentration of solute, thus tending to equalize the concentrations of the two solutions. The rate of osmosis is dependent primarily upon the difference in osmotic pressures of the solutions on the two sides of a membrane, the permeability of the membrane, and the electrical potential across the membrane and charge upon walls of the pores in it.  
Taber's Cyclopedic Medical Dictionary

**Papilloma**

Any benign epithelial tumor. Epithelial tumor of skin or mucous membrane consisting of hypertrophied papillae covered by a layer of epithelium. Included in this group are warts, condylomas, and polyps.  
Taber's Cyclopedic Medical Dictionary

**Pulmonary Edema**

The accumulation of extravascular fluid in lung tissues and alveoli, caused most commonly by congestive heart failure and also occurring in barbiturate and opiate poisoning, diffuse infections, hemorrhagic pancreatitis, renal failure, and after a stroke, skull fracture, near drowning, inhalation of irritating gases, and rapid administration of whole blood, plasma, serum albumin or intravenous fluids. In congestive heart disease serous fluid is pushed back through the pulmonary capillaries into alveoli and quickly enters bronchioles and bronchi\* observations. The patient with pulmonary edema breathes rapidly and shallowly with difficulty, is usually restless, apprehensive, hoarse, pale, or cyanotic, and may cough up frothy, pink sputum. The peripheral and neck veins are usually engorged; the blood pressure and heart rate are increased; and the pulse may be full and pounding or weak and thready. There may be edema of the extremities, crackles in the lungs, respiratory acidosis, and profuse diaphoresis\* interventions. Acute pulmonary edema is an emergency requiring prompt treatment. The patient is placed in bed in a high Fowler's position, and the immediate administration of intravenous morphine sulfate is usually ordered to relieve pain, to quiet breathing, and to allay apprehension. A cardiotonic, such as digitalis, a fast-acting diuretic, such as furosemide or ethacrynic acid, and a bronchodilator, such as aminophylline, may be given, and oxygen may be ordered. While the patient is acutely ill, the blood pressure, respiration, apical pulse, and breath sounds are checked every hour or continually monitored. Parenteral fluids, if indicated, are infused slowly in limited quantities; a low-sodium diet is served; and the patient's intake and output of

fluids are measured. The patient is weighed daily, and any sudden gain is noted and reported \* nursing considerations. In addition to receiving continued care and emotional support, the patient exercises to tolerance, plans frequent rest periods, reports any symptoms, avoids smoking, and follows the regimen ordered for medication, diet, and return checkups.

Mosby's Medical Dictionary

**Thrombophlebitis**

Inflammation of a vein in conjunction with the formation of a thrombus. Usually occurs in an extremity, most frequently a leg.

Taber's Cyclopedic Medical Dictionary