

## LIST OF ABBREVIATIONS - Dr. Steven P. Kraskow, DC

### Symptoms and Conditions

CC - Chief Complaint  
 Bn - burning  
 Numb - numbness  
 SWL - swelling  
 Infl - Inflammation  
 Wk - weakness  
 I - Category I  
 II - Category II  
 III - Category III  
 IV - Category IV  
 SW - Sacral Wobble  
 Fx - fixation  
 Mm - muscles  
 Td - Tendon  
 Lg - Ligament  
 M/T/L - Mm, Td, Lg  
 Dsc - disc inflammation  
 SC - Spinal Compression  
 S-C - Sternal-Clavicular Jt.  
 Neur - neuritis  
 Px - prognosis  
 Dx - diagnosis  
 Tx - treatment  
 b. dyspl - bone displacement  
 C0 - occiput  
 Slx - subluxation

### Subjective Prognosis

MW - much worse  
 W - worse  
 SW - slightly worse  
 S - same  
 SB - slightly better  
 B - better  
 MB - much better  
 NC - no complaint  
 Pt - patient

### Therapy/Formatting/Tissues

Pr - Priority  
 EP, EP98 - End Point (Tx Point)

### Locations

R - Right  
 L - Left  
 B - Both  
 UQ - Upper Quadrant  
 LQ - Lower Quadrant  
 UB - upper back  
 UX - upper extremity  
 Sho - shoulder  
 S-cuff - shoulder cuff  
 Elb - elbow  
 Wr - wrist  
 CTS - Carpel tunnel syndrome  
 Hd - hand  
 Fng - finger  
 LX - lower extremity  
 F-cuff - femur cuff  
 Kn - knee  
 Ank - ankle  
 TTS - tarsal tunnel syndrome  
 Ft - foot  
 CRN - cranial bones  
 Sag - sagittal suture  
 TMJ - temporal mandible joint  
 C0 - occiput  
 dsc - disc  
 Jt - joint  
 Sp - spine  
 UC - upper cervical  
 MC - mid cervical  
 LC - lower cervical  
 UT - upper thoracic  
 MT - mid thoracic  
 LT - lower thoracic  
 UL - upper lumbar  
 LL - lower lumbar  
 LS - lumbo-sacral  
 L-P - lumbo-pelvic  
 Sac - sacrum  
 Coc - coccyx  
 C-T - Cervical-Thoracic Junction  
 T-L - Thoracic-Lumbar Junction  
 CNDX - Cranial Index  
 HDDX - Hand Index  
 FTDX - Foot Index

### Chemical Syndromes

Alr - allergies  
 AA - amino acids

### Locations - con't

SUP - supine  
 PRO - prone  
 Sit - sitting  
 Std - standing  
 LSD - left side down  
 RSD - right side down  
 Jxn - junction  
 PI - Posterior Inferior  
 AS - Anterior Superior

### Visceral Reflexes

ICV - Ileocecal valve  
 VOH - Valve of Houston  
 LI - Large Intestine/colon  
 Pros - prostate  
 UT - uterus  
 Ing - Inguinal hernia/ligament  
 Gon - gonads  
 Ova - ovaries  
 Tes - testicles  
 BL - bladder  
 SI - small intestine

Adr - adrenals  
 KI - kidney  
 Panc - pancreas  
 ST - stomach  
 HH - hiatal hernia  
 SP - spleen  
 GB - gall bladder  
 LU - lung  
 LV - liver  
 Esoph - esophagus  
 Bro - bronchus/bronchi  
 HT - heart  
 Thyr - thyroid  
 Pt - parathyroid  
 HyT - hypothalamus  
 Pit - pituitary  
 Pin - pineal gland  
 Thy - Thymus  
 Br - brain  
 VSR - visceral reflex(es)

### Charges

OV1 - Spinal Adj/1-2 areas  
 OV3 - Spinal Adj/3-4 areas

GAS - General Adaptation Syndrome

AT - adaptive triad (general adaptive syndrome)

LPAER, LPGER - local, Pr, GAS, EP, remote

Fxn - function

< - resulting from

> - creates, leads to

@ - at

ea - each

c - with

s - without

w/o - without

w/in - within

x - except

a - before

p - after

Fx - fracture

Fx- family

STM - soft tissue manipulation

ROM - range of motion

Adj - adjustment

Lg - ligament

MC - muscle correction

ES - acupoint stimulation

NV - neurovascular

NL - neurolymphatic

Lt - light

MP - master point

U/LX - upper/lower extremity

NET - Neuro Emotional Technique

NLK - Neurolink

NLKP - Neurolink Protocol

TBM - Total Body Modification

JMT - Jaffe Mellor Technique

Vials - test vials

GT - gait assessment

Menis - Meniscus

Pr Vec - Priority Vector Technique

Color - color therapy

Nutri Assess - nutritional assessment

path - pathology

sys - systems

visc. manip - visceral manipulation

orth - orthotics

AT - adaptive triad

E or EM - electro-magnetic

USM - Unprepared Shock Mode

Vir - virus

Bact - Bacteria

Fung - fungus

Lip - lipid

Para - parasite

Tox - toxicity

Yst - yeast

Horm - hormonal

Met - metal

Metab - metabolism

IBS - Irritable Bowel Syndrome

EXP - Extrapinal

NMR - Neuromuscular Re-education

STM - Soft Tissue Manipulation

TA - Therapeutic Kinetic Activity

TE - Therapeutic Exercise - pt

ICE - Cryotherapy

ESU - Electrical Stim - unattended

ESA - Electrical Stim - attended

### Nutrition Dosages

QD - every day

QOD - every other day

BID - 2 times per day

TID - 3 times per day

QID - 4 times per day

HS - bedtime

PRN - as needed

d - day

wk - week

mo - month

yr - year

DC - discontinue

tab - tablets

gtt - drops

### Miscellaneous

PC - phone call

o/o - on and off

chall - challenge

Note - circles on daily sheet

spine line indicate

areas adjusted