

Abbreviations

The following abbreviations have been used in Client Records.

GM: Galletly Method, historical, now referred to as CranioDural Therapy. This is a technique which I have developed over the years following attending a course in Craniosacral Therapy in 2005.

N means Neck L, R means Left, Right. So RN means RN.
S means shoulder. N/S means Neck and Shoulders.

RS means Right Shoulder. LFS means Left Frozen Shoulder.

B means Back, LB, MB, UB for Lower, Middle and Upper Back

LLB or RLB means Left Lower Back, Right Lower back.

Headaches: Frequency, eg 2-3 X W, means 2 to 3 a week, could be F (fortnight) or M (month), followed by how long this pattern has been in place measured in W, M or Y, (Weeks, Months or Years)

As headaches are usually related to neck issues, I ask people to turn their heads to R, L, U, D, (Right, Left, Up and Down) and note where people indicate tightness T, discomfort or pain, P.

The results are included in the box marked Headaches.

Rx means Restricted or limited range of motion.

R=TR, L=T R+L +PL + Rx

means turning head Right is tight on the right, Turning left is Tight to the Right and Left, with Pain on the Left and there is restricted movement to the left.

Some older records may use RROM → R (or L) for Restricted movement turning head to Right or Left, now using R=Rx instead for restricted movement to the Right.

For restricted arm movement, F means Flexion, ABD means Abduction:

RS F=120, ABD = 90 means Right Shoulder/arm can be flexed 120 degrees before any discomfort, and abducted to 90 degrees before any discomfort.

Tx is a test I use where the client is seated. They cross their arms and twist the upper body first to the right and then to the left and I record where there is tightness, discomfort or pain.

Tx R=TL, L=T+P L + Rx means: Twisting to the Right causes tightness on the Right, Twisting to the left causes tightness and discomfort on the L and the range of motion is restricted.

Rx anywhere simply means Restricted or limited movement at any joint, eg the knee.

Dx followed by a date or year, means when a condition was first diagnosed, for example,
Fibromyalgia Dx 2017.

MVA Motor Vehicle Accident WC Workers compensation.

CI means Cortisone Injection