**MASSAGE SYMBOLS & ABBREVIATIONS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Symbol | Meaning |  | Symbol | Meaning |
| Ax | Assessment |  | T | Tightness |
| Cl | Client |  | tens | Tension |
| CT | Connective Tissue |  | TrP | Trigger Point |
| CI | Contraindication |  | Post | After |
| CST | Cranial-Sacral Therapy |  | &, + | And |
| DT | Deep Tissue |  | @ | At |
| DM | Direct Manipulation |  | / | Elevation |
| DP | Direct Pressure |  | = | Equals |
| eff | Effleurage |  | > | Greater Than |
| Fx | Friction |  | < | Less Than |
| HA | Headache |  | X | Times, Repetitions |
| Hx | History |  | w/o | Without |
| ICES | Ice, Compression, Elevation, Support |  | Abs | Abdominals |
| M | Massage |  | ASIS | Anterior, Superior Iliac Spine |
| MLD | Manual Lymphatic Drainage |  | PSIS | Posterior, Superior Iliac Spine |
| MT | Massage Therapist |  | bi | Biceps |
| MET | Muscle Engery Technique |  | Cx, Cx1-7 | Cervical, Cervical Vertebrae |
| MFR | Myofascial Release |  | Tx, Tx1-12 | Thoracic, Thoracic Vertebrae |
| NMT | Neuromuscular Technique |  | Lx, Lx 1-5 | Lumbar, Lumbar Vertebrae |
| N/A | Not Applicable |  | Cr | Cranium |
| P | Pain |  | delt | Deltoid |
| palp | Palpation |  | dia | Diaphragm |
| pet | Petrissiage |  | R | Right |
| PT | Personal Training |  | L | Left |
| PR | Positional Release |  | flex | Flexion |
| PNF | Proprioceptive Neuromuscular Facilitation |  | Ext | Extension |
| RI | Reciprocal Inhibition |  | Rot | Rotation |
| Rx | Treatment |  | LF | Lateral Flexion |
| RMT | Remedial Massage Therapist |  |