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Terminology and Anatomy for the Chiropractic Assistant 101

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Terminology and Anatomy for the Chiropractic Assistant

A critical part of being a member of the chiropractic health care team is being able to speak the same language. Just like any profession, chiropractic has a vocabulary that is unique and essential. Many patients ask, "Why can't my doctor or CA speak in normal words?" While it is important to talk to our patients in terms they can understand, it is equally critical for all members of the chiropractic health team to be able to clearly and accurately exchange information. Using standard medical terminology insures that everyone on the team is on the same page when discussing the care of a patient. Using standard medical terms also enables any health care professional to pick up and read the patient's daily office notes and documentation.

A patient comes into the office with a 3 month complaint of pain down the back of the leg with weakness and numbness in the foot. The symptoms are due to pressure on the nerve by a slipped disc in the low back. To express the same thing in standard terminology we would say the patient has a **chronic discogenic radiculopathy**. All trained health care professionals will know exactly what we mean. Using the standard terminology is also efficient. It is certainly a lot quicker to say the patient has **ataxia** rather than **a jerky unsteadiness of the limbs or body due to a disease in a particular part of the brain**.

Also in the interest of efficiency we use many **abbreviations** as a short cut in our documentation. These abbreviations must be standard ones that anyone else in the healthcare profession would understand. There are hundreds of common abbreviations used in Chiropractic and medicine. Not all of them are essential within the Chiropractic office. As with the terminology and anatomy lists that follow, the list of **Standard Abbreviations** is by no means complete or designed to be. Rather it is a posting of many of the most common and relevant short cuts that can help speed the documentation process without sacrificing clarity.

In addition to standard medical terminology there are also terms that are used within the chiropractic profession. These terms relate to diagnoses and treatments that are unique to chiropractic. These terms would be understood by those within the chiropractic profession but might be misunderstood by other health care providers. An example of one such word is the term **adjustment**. In chiropractic this term can be defined as **The use of a pressure or force in a specific location, direction and time to the spine or other joints of the body to help normalize function and to facilitate the body's correction of nerve**

interference. To someone outside our profession they would most likely define adjustment as **the act of adaptation to a particular condition, position, or purpose.**

Lastly, it is also essential that you know and understand anatomical terms. Once again this is to insure that everyone on the chiropractic health care team knows what we are referring to and also to improve efficiency. I may not be sure what you mean if you say, **“That bony point on the end of the elbow,”** but I would know right away exactly what you mean if you call it the, **“olecranon process.”**

Below are several lists. The first is a list of standard medical terms, the second is standard abbreviations, the third, common chiropractic terms and the last is a list of anatomical terms with illustrations. Also included are diagrams of the major directions of the body, the spinal column, a spinal motion unit, the surface anatomy and the major muscles and muscle groups of the body. After you have carefully reviewed all the lists we will work through exercises using your new knowledge.

Glossary of Common Medical Terms

ABRASION – The wearing away of the skin due to friction from trauma.

ABSCESS –The collection of fluid below the skin or internally in response to infection or a foreign object. The signs of inflammation are typically present; heat, redness, pain and swelling.

ACAMPSIA – Increased in stiffness of a joint, resulting in an inability to move it.

ACANTHESSTHESIA – Also known as paresthesia, it is the “pins and needles” sensation felt either when the circulation has been interrupted and then restored or as a result of nerve compression.

ACROTIC – The absent of, or an extremely weak pulse.

ACUPUNCTURE – A form of traditional Chinese medicine believed to restore the body’s energy flow. Sharp, thin needles are used in very specific points on the body.

ACUTE – Condition characterized by sudden, rapid severity and ending after a short course.

ADRENERGIC - Referring to sympathetic nerve fibers of the autonomic nervous system that secretes epinephrine/norepinephrine during nerve impulses.

AFEBRILE - Without fever.

AKINESTHESIA – The inability to sense movement.

ALLERGY – Hypersensitivity to a substance producing local and systemic reactions, such as rash, runny eyes, or anaphylaxis.

AMBULATORY – Ability to walk.

AMPUTATION – The removal of a body part, either due to disease, gangrene, or severe pain.

AMYOTONIA – The absence of muscle tone.

ANALGESIA – The absence of pain in response to stimulation that would normally be painful without loss of consciousness.

ANALGESICS - A substance that relieves pain without causing a loss of consciousness.

ANAPHYLAXIS – Extreme immune system response to an allergen that is rapid in onset and can potentially be fatal.

ANEMIA – Insufficient number of oxygen-carrying components of the blood.

ANKYLOSIS – The fixation or immobility of a joint as a result of trauma, surgery, bone fusion or disease.

ANTAGONIST – Medication that counteracts the actions and properties of another. A muscle that counters the motion of another muscle.

ANTIBODIES - Proteins manufactured by lymphocytes (White Blood Cells) to neutralize foreign protein, such as bacteria, viruses and other microorganisms in the body.

ARRHYTHMIA – Also known as an irregular heartbeat, it is the interruption of a heart rhythm.

ASYMPTOMATIC - Without symptoms.

ATROPHY – Deterioration of an organ or tissue which had previously been normally developed due to disease, malnutrition, disuse, or poor blood circulation.

AUTONOMIC NERVOUS SYSTEM – The portion of the central nervous system containing the sympathetic and parasympathetic subsystems which controls the involuntary actions of the body, including breathing, heartbeat, gastrointestinal movement, etc.

BACTERIA – Microscopic unicellular forms of life that cause infection and disease.

BENIGN – A condition or abnormal growth that is treatable and not life-threatening. Opposite of malignant.

BIOPSY – Removal of a portion of tissue for further examination for diagnostic purposes.

BLOOD PRESSURE – Measurement of the pressure of blood on the walls of the arteries dependent on the action of the heart. Measured when the heart contracts (systolic) over when the heart is filling with blood (diastolic).

BONE SCAN – A test that detects increased or decreased bone metabolism which indicate fracture, tumors, or infections.

CARDIOVASCULAR – Pertaining to the heart and blood vessels of the body.

CARTILAGE – Connective tissue found in the joints, nose, outside of the ears, as well as other parts of the body.

CAVITY – Hollow space within the body that contains one or more organs.

CATHETER - A hollow, flexible tube for passage into a structure to remove or inject fluid.

CT (computed tomography) SCAN – X-rays taken from many different angles of the body and arranged by the computer to give a three-dimensional picture of a structure. Also known as a CAT (computerized axial tomography) scan.

CHONDRITIS - Inflammation of cartilage.

CHRONIC – Slow progression of a condition that persists over a long period of time. Not acute in nature.

COMPRESSION – To apply pressure, either to reduce swelling, prevent further injury, or stop bleeding.

CONCUSSION - a mild traumatic brain injury. It can occur after striking or being struck in the head or after a whiplash-type injury that causes your head and brain to shake quickly back and forth.

CONGENITAL – A condition that exists at birth. Congenital conditions may have many different ETIOLOGIES and should not be confused with the term genetic.

CONSCIOUS – Alert, capable of responding to external stimuli.

CONTRACTURE – Permanent shortening of a muscle, joint, or tendon so that it cannot be straightened, flexed and extended.

CONTUSION – A discoloration of the skin following trauma. A bruise.

CYANOTIC - Bluish color of the skin and mucous membranes, due to poor circulation and insufficient oxygen in the bloodstream.

DEHYDRATION - Excessive loss of water from the body or from an organ or a body part, as occurs during illness or fluid deprivation.

DIAGNOSIS - The process of determining by examination the nature and circumstances of a diseased condition. It also means the decision reached from such an examination. Abbreviation: Dx

DISEASE -A disturbance in the body or function of an organ or organs with pathological signs and symptom.

DORSUM – The posterior side of a body part.

DYSPHAGIA – Difficulty swallowing.

DYSPNEA – Difficulty breathing.

DYSTONIA – Having abnormal muscle tone.

ECCHYMOSIS – The rupture of blood underneath the skin; also known as bruising.

ECHOCARDIOGRAPHY – Non-invasive ultrasound that displays the image of the inside of the heart.

EDEMA - Abnormal accumulation of fluid in the body tissues or body cavities causing swelling of the affected parts.

ELECTROCARDIOGRAPHY - The recording and interpreting of the electrical activity of the heart and measures the actions of the heart for abnormalities.

ELECTROENCEPHALOGRAPHY – Measures activity of the brain by analyzing the electrical waves it produces.

EMBOLISM – The occlusion of blood flow by a blood clot, which can result in stroke or heart attack.

ERYTHEMA – Redness of the skin.

ETIOLOGY - The cause of a specific disorder or disease.

EXACERBATION – The worsening of a disease or disorder or the relapse of a chronic condition.

EXTREMITIES – Parts of the body that are located away from the trunk. Includes the arms and legs.

FEBRILE – Feverish.

FIBRILLATION – Uncontrollable twitching of muscle fibers of the heart.

GANGRENE – Death of a body tissue, usually from loss of blood supply.

GERM – Microorganism that can produce disease.

HEART – Muscular organ that continuously pumps the blood to all parts of the body.

HEMATEMESIS – Refers to the presence of blood in vomit.

HEMATOMA – Collection of blood in a tissue that clots and then becomes encapsulated by connective tissue.

HYPERGLYCEMIA – Abnormally elevated amount of sugar in the blood.

HYPERTENSION – Elevated blood pressure.

HYPOGLYCEMIA – Abnormally low amount of sugar in the blood.

HYPOREFLEXIA – Below normal response of the reflexes.

HYPOTENSION – Abnormally low blood pressure.

IDIOPATHIC - Of unknown cause.

IATROGENIC – Condition caused by the treatment for another condition.

INDURATION – The hardening of a tissue or organ from blood accumulation, inflammation, or growth.

INFECTION – Invasion of the body by bacteria, fungi, or viruses that produces either a localized or systemic response.

INFLAMMATION – Reaction of the body to injury or infectious, allergic, and chemical irritation and manifested by pain, heat, swelling, and redness.

INTRACTABLE – Difficult to alleviate or cure.

ISCHEMIA – Decrease or lack of blood supply to an organ or part due to a constriction or obstruction of the blood vessels.

JAUNDICE – Also known as icterus, it is the yellowing of the eyes, skin and mucous membranes due to accumulation of bile salts in these tissues. It is indicative of several diseases such as hepatitis.

MAGNETIC RESONANCE IMAGING (MRI) - A technique for viewing internal organs and bones that do not show up well on x-rays. It creates multiple detailed images using no radioactive waves.

MALAISE - A general feeling of being ill or having body discomfort.

MYALGIA – Muscle pain.

MYOCLONUS – Sudden abnormal twitching of muscles or muscle groups without any rhythm that occurs with conditions of the central nervous system.

MYOSITIS – Inflammation of muscle characterized by pain, tenderness and occasionally spasm.

MYOTONIA – Increased muscle tension.

NEURALGIA – Severe pain that extends along the route of a nerve.

NEURITIS - Inflammation or degeneration of a nerve or nerve group which is characterized by pain, loss of reflexes and possible atrophy of the muscles affected by those nerves.

NEUROPATHIC PAIN - A pain syndrome originating in peripheral nerves.

NEUROPATHY – Any abnormality or disease of nerve tissues.

NEUROVASCULAR – Pertaining to both the neurologic and vascular structures.

OBJECTIVE – Things that can be observed or measured. Objective examination finding would consist of thing such as weight, height, ranges of motion, test results and x-rays.

OSTEODYNIA - Pain in a bone.

PAIN - An unpleasant feeling relayed to the brain via sensory neurons which is indicative of injury or potential injury to the body.

PAIN KILLER – See ANALGESICS

PAIN THRESHOLD - The point at which one feels the sensation of pain. Those with a high pain thresholds experience less pain sensation than those with a low pain threshold.

PALLIATIVE - Treatment given to alleviate symptoms of a disease but not cure it. This mainly refers to pain management of a chronic disease state.

PALLOR – Loss of skin color due to a decrease in blood flow.

PALMAR – Pertaining to the palm side of the hand.

PARASYMPATHETIC NERVOUS SYSTEM – Part of the autonomic nervous system or involuntary which innervates the eyes, smooth muscle, head and neck glands, heart, lungs, and abdominal viscera.

PARESIS – Partial paralysis of both the voluntary and involuntary muscle groups of the body.

PERIPHERY - The part of the body away from the center, such as the extremities.

POLYARTHRITIS - Inflammation of multiple joints.

POLYMYOSITIS – Inflammatory muscle disease that causes moderate-to-severe pain and weakness.

RADICULAR – Referring to the nerve roots which originate in the spine.

RADICULOPATHY - Disease of the spinal nerve roots.

REBOUND REACTION - Relapse of symptoms when medication or treatment is abruptly terminated.

REFERRED PAIN - Pain which is felt some distance from the site of its origin primarily due to nerve signals sharing the same nerve pathway leading to the spinal cord and brain.

REFLEX - An involuntary physiologic response to a particular stimulus.

REFLUX- Flowing in a backward direction.

RELAPSE - To regress after partial recovery from illness. To fall or slide back into a former state. A falling back into a former state, especially after apparent improvement.

REMISSION – Disappearance of signs of a disease.

RESPIRATORY RATE – Rate of breathing per minute.

STENOSIS – The narrowing of an opening. An **EMBOLISM** causes stenosis of a blood vessel.

STIMULUS – Anything that elicits a physiological response.

SUBCUTANEOUS – Located just beneath the skin.

SUBJECTIVE – Things that are perceived or inferred. Things that are subjective typically cannot be directly measured. Subjective examination findings may consist of the patient's report of pain intensity and quality.

SUBLUXATION - A slight dislocation or misalignment of a bone in a joint.

SYMPATHETIC NERVOUS SYSTEM- The part of the autonomic nervous system which opposes the actions of the parasympathetic nervous system to regulate function. Activated under situations of extreme stress.

SYNCOPE – Also known as fainting, it is a brief loss of consciousness due to temporary interruption of flow of oxygen to the brain.

SYNDROME- A simultaneous grouping of symptoms and signs which form a definite pattern of a specific condition, disease or abnormality.

THENAR REGION – The fleshy part of the palm of the hand located at the base of the thumb.

THORACIC – Pertaining to the thorax region or chest.

TROPIC - Resulting from interruption of nerve supply.

ULTRASOUND – Non-invasive use of ultrasonic sound waves for diagnostic or treatment purposes.

VALGUS – Abnormal outward turning of the foot.

VASCULAR SYSTEM – the organs and tissues that are responsible for circulating bodily fluids such as blood and lymph throughout the body.

VASOCONSTRICTION - The narrowing of blood vessels.

VASODILITATION – The enlargement of blood vessels.

VASOMOTOR MECHANISM – Mechanism that regulates the contraction or dilation of blood vessels.

VASOSPASM - Sudden contraction of a blood vessel or a segment of a blood vessel.

VASOVAGAL SYNCOPE – Episode of temporary loss of consciousness distinguished by drop in heart rate and blood pressure, extreme pallor, nausea and sweating.

VERTIGO - Dizziness, especially the feeling that one's surroundings are rotating rapidly.

VOLAR – Surfaces of the soles of the feet or palms of the hands.

Standard Abbreviations

<u>A</u>	A&Ox3	Alert and oriented to person, place and time
	ABD	Abdomen
	ABN	Advanced Beneficiary Notice (Medicare)
	ADLs	Activities of Daily Living
	ant	Anterior
	A-P	Anterior to posterior
	AROM	Active range of motion
	Asym	Asymmetry or asymmetrical
<u>B</u>	B&B	Bowel and bladder
	b.i.d.	Twice per day
	BCP	Birth control pills
	BD	Birth date
	bilat	Bilateral
	BP	Blood pressure
	bpm	Beats per minute
<u>C</u>	C	Centigrade (temperature)
	C	Cervical spine

	C.A.	Chiropractic Assistant
	C/C	Chief complaint
	CA	Cancer
	CAT	Computerize axial tomography (Cat Scan)
	CBC	Complete blood count
	CMT	Chiropractic manipulative treatment
	CN	Cranial nerve
	CNS	Central nervous system
	CPR	Cardiopulmonary resuscitation
	cryo	Cryotherapy
	CT	Computerize axial tomography (Cat Scan)
	CTS	Carpal tunnel syndrome
	CVA	Cerebral vascular accident (stroke)
<u>D</u>	D/A	Date of accident
	D/C	Discontinue
	DDD	Degenerative disc disease
	DJD	Degenerative joint disease
	DOB	Date of birth
	DOI	Date of injury
	DTR	Deep tendon reflex
	Dx	Diagnosis
<u>E</u>	E/M	Evaluation and management
	ECG	Electrocardiogram
	EMG	Electromyelogram
	EMS	Electrical muscle stimulation

	ENT	Ears, nose and throat
	EX	Examination
	ext	Extension
<u>F</u>	F	Fahrenheit (temperature)
	F/U	Follow-up
	FH	Family history
	flex	Flexion
	freq	Frequency
	fx	Fracture
<u>G</u>	GERD	Gastroesophageal reflux disease
	GI	Gastrointestinal
	GU	Genitourinary
	GYN	Gynecology
<u>H</u>	H&P	History and physical exam
	H/O	History of
	HA	Headache
	HBP	High blood pressure – hypertension
	HNP	Herniated nucleus pulposis
	HP	Hot pack
	HPI	History of present illness
	HPN	Hypertension
	HR	Heart rate
	HRT	Hormone replacement therapy
	Hx	History
<u>I</u>	ID	Infectious disease

IFC Interferential current

INAD In no apparent distress

infl (inflamm) Inflammation

int Intermittent

IP Ice pack

IVD Intervertebral disc

L **L** Lumbar

L/S Lumbosacral

lat Lateral

LB Low back

LBP Low back pain

LE Lower extremity

LLF Left lateral flexion

LOB Loss of balance

LOC Loss of consciousness

LR Left rotation

LS Lumbar spine

LT Left

LTG Long term goals

M **max** Maximum

med Medial

MI Myocardial infarction

min Minimum

misc Miscellaneous

mm Muscle

	MMI	Maximum medical improvement
	mod	Moderate
	MRI	Magnetic resonance imaging
	MVA	Motor vehicle accident
	MVC	Motor vehicle collision
<u>N</u>	N	Normal
	N/A	Not applicable
	N/V/D	Nausea, vomiting and diarrhea
	NAD	No apparent distress
	NC	No change
	neg	Negative
	NKA	No known allergies
	nn	Nerves
	NP	New patient
	NSAID	Non-steroidal anti-inflammatory drug
<u>P</u>	P	Pain
	p.r.n.	As needed
	P-A	Posterior to anterior
	PCP	Primary care physician
	PH	Past history
	PI	Personal injury
	PMH	Past medical history
	POS	Point of service
	post	Posterior
	PROM	Passive range of motion

	Prx (Px)	Prognosis
	pt	Patient
	PT	Physical therapy
<u>Q</u>	q.i.d.	Four times a day
<u>R</u>	R/O	Rule out
	R/S	Rescheduled
	REF	Referred
	resp	Respiration
	RICE	Rest, ice, compression and elevation
	RLF	Right lateral flexion
	ROM	Range of motion
	ROS	Review of symptoms
	RR	Right rotation
	RT	Right
	RTW	Return to work
	Rx	Prescribe, prescription, medication
<u>S</u>	S	Sacral
	S	Subjective findings
	S&S	Signs and symptoms
	SC	Sacrococcygeal
	SC	Sternoclavicular
	SI	Sacroiliac
	sig	Significant
	SMT	Spinal manipulative therapy / treatment
	SOAP	Subjective, Objective, Assessment and Plan

	stat.	Immediately
	STG	Short term goals
	Sx	Symptoms
<u>I</u>	T	Thoracic
	T&A	Tonsils and adenoids
	t.i.d.	Three times a day
	temp	Temperature
	TENS	Transcutaneous electrical nerve stimulation
	TeP	Tender point
	TIA	Transient ischemic attack
	TL	Thoracolumbar
	TMJ	Tempromandibular joint
	TP (TrP)	Trigger point
	Tx	Treatment
<u>U</u>	UA	Urinalysis
	UE	Upper extremity
	URI	Upper respiratory infection
	US	Ultrasound
	UTI	Urinary tract infection
	UV	Ultraviolet
<u>V</u>	VAS	Visual analogue (pain) scale
	vol	Volume
	VS	Vital signs
	VSC	Vertebral subluxation complex
<u>W</u>	w/	With

w/o	without
W/U	Work up
WC	Workers' compensation
WNL	Within normal limits
wt	Weight
<u>Y</u>	
y/o (yo)	years old
yr	year

Glossary of Common Chiropractic Terms

ADJUSTMENT - The use of a pressure or force in a specific location, direction and time to the spine or other joints of the body to help normalize function and to facilitate the body's correction of nerve interference. The adjustment is sometimes referred to as MANIPULATION.

ALLOPATHIC - Refers to conventional medicine as practiced by the graduate of a medical school which grants a medical degree.

ARTHRITIS - Inflammation of a joint which is often accompanied by symptoms and changes in structure. Arthritis may be caused by injury (Traumatic Arthritis), autoimmune disease (Rheumatoid Arthritis), wear and tear (Osteoarthritis), systemic disease (Gout) or infection (Lyme Disease).

BABST BOARD – Also known as a wobble board it is a round disc made of wood or plastic with a hemispheric rubber base attached to the bottom. Babst boards are used to rehabilitate patients with ankle and knee injuries and also to improve coordination and balance.

BONE SPUR - The medical term is *osteophyte* which is an enlargement of the normal bony structure. A bony outgrowth. A calcium deposition which can be part of the body's response to abnormal motion or position of bones in the spine or elsewhere. Bone spurs on the vertebral body are often a radiographic indicator of disc problems.

CARPAL TUNNEL SYNDROME - A condition characterized by pain, weakness, numbness or tingling sensations in the hand and caused by compression of a nerve in the carpal tunnel at the wrist.

CEPHALGIA - Headache

CERVICAL STRIAN / SPRAIN - An injury to the soft tissues of the neck including, but not limited to, muscles, tendons, ligaments, and discs.

CERVICOGENIC HEADACHE – A headache resulting from irritation to the joints in the upper of the cervical spine. The pain of a cervicogenic headache can be felt anywhere in the head depending on what level of the cervical region the involved joint(s) is located and is usually only on one side (UNILATERAL). The headache pain is typically provoked by movement of the neck. Treatment of cervicogenic headache is directed at correcting the condition of the joints in the neck such as the use of spinal adjustments.

CHIROPRACTIC - Pronounced: “*kí · ró · prak · tik*” Comes from Greek, “*cheiros*” meaning “hand” and “*praktos*” meaning “done by,” or “done by hand.” A primary health care profession in which professional responsibility and authority are focused on the anatomy of the spine and immediate articulation, and the condition of nerve interference. It is also a practice, which encompasses educating, advising about and addressing nerve interference. The *only* profession specifically trained to detect and correct vertebral subluxations.

COMPENSATION REACTION - A new problem that results from the body’s attempt to respond to a problem elsewhere.

CONSENT – The granting of permission to engage in a relationship or activity. See **INFORMED CONSENT**. Consent may be;

Written – documented and signed by the consenting party. ie. An electrician presents you with a contract to repair your lights for a certain amount and you sign it.

Verbal – permission is given by the consenting individual in a spoken fashion. ie. Your stylist tells you your haircut will cost \$40 and you tell them that is fine.

Non-Verbal – Consent is implied by the actions of the participating individual. ie. You drop your car off at the dealer and put your keys in the drop box so they can do an oil change the next day.

CRYOTHERAPY – Treatment using the application of cold, typically to reduce pain, swelling and inflammation.

DEGENERATIVE DISC DISEASE (DDD) - A condition in which trauma, infection, injury or aging sometimes cause the discs to dry out, stiffen or even rupture, resulting in pain as the nerves in the spinal column are exposed or compressed by the discs.

DEGENERATIVE JOINT DISEASE (DJD) - See OSTEOARTHRITIS

DIATHERMY – The use of an electrical or magnetic energy source to produce heating of the tissue (THERMOTHERAPY). Magnetic diathermy is a form of microwave heating.

DISC - See *Intervertebral Disc*.

DIS – EASE - The word *disease* is a combination of *dis* and *ease*. *Dis* is a prefix meaning “apart from.” It follows then that dis-ease is nothing more than a lack of comfort, a loss of harmony in the system. Chiropractors believe that instead of treating disease with chemicals and invasive procedures, whenever possible, first treat dis-ease with the reduction or elimination of nerve interference, thereby giving the patient a chance to recover naturally before resorting to drugs and surgery.

DOCTOR - Comes from Latin, “docere” meaning “to teach,” defined by Webster’s dictionary as one who is skilled or specializing in the healing arts, especially a physician, surgeon, chiropractor, dentist or veterinarian who is licensed to practice.

ELECTRICAL MUSCLE STIMULATION (EMS) - Electrical impulses applied to muscles using pads that conduct the impulses through the skin, producing a soothing, tingling sensation. The treatment is used to increase circulation, decrease pain and muscle spasm, and facilitate healing of injured soft tissues.

EPICONDYLITIS – A painful condition of the elbow characterize by significant tenderness, weakness and pain with use. Epicondylitis is caused by an overuse of the muscles of the forearm producing degenerative changes of the tendons that insert onto the processes on the DISTAL end of the HUMERUS.

Medial Epicondylitis – (AKA Golfer’s Elbow) on the outside of the elbow is caused by overuse to the wrist flexor muscles

Lateral Epicondylitis – (Tennis Elbow) on the inside of the elbow is caused by an overuse of the muscles that extend the wrist.

EXTREMITY - Lower and upper limbs, such as a leg or arm.

FACET - The joint surface of a spinal bone facing the adjacent joint surface on the vertebra above or below.

FAILED – BACK – SURGERY SYNDROME (FBSS) - Severe, persistent back pain with or without radiating pain following back surgery. Common causes are: an incomplete decompression, an omitted fusion, a pseudoarthrosis of a fusion or a recurrent disc herniation. Epidural scar (scar tissue) is considered an enhancing factor for symptoms. Conservative estimates reveal that 10-40% of back surgeries fail although many studies indicate a much higher percentage.

FIXATION - Being held in a fixed position. “Stuck”. A joint with restricted motion/movement.

FORAMEN - *See Intervertebral Foramen*

HEALTH - A state of optimal physical, mental and social well-being; not merely the absence of disease or infirmity. When your body works the way it was designed to work.

HERNIATED DISC - A disc is composed to two parts: an outer rim of fibrous (tough) tissue (Annulus Fibrosus) surrounding an inner gel-like material (Nucleus Pulposus) . When there is a break in the annulus fibrosus, the inner material can leak out of the disc space and enter the spinal canal where the disc material can compress nerve roots or the spinal cord. (see SLIPPED DISC) AKA: HNP

HOMEOPATHY - A system of medicine, founded by Dr. Hahnemann in 1796 in Philadelphia, in which drugs are used in extremely small doses.

HOMEOSTASIS - The ability or tendency to maintain normal, internal stability and balance in an organism by coordinating responses of the organ systems. Examples of homeostatic mechanisms are the regulation of blood pressure, body temperature and blood sugar levels.

HYDROCOLLATOR – A form of TERMOTHERAPY, Hydrocollator packs are canvas pouches containing a gel that can hold heat for approximately 30 minutes. The Hydrocollator pack is kept in a hot water tank and provides uniform, superficial heat.

HYPERMOBILITY - Too much movement.

HYPOMOBIITY - Restricted movement.

ILIUM - One of the two large bones that form the pelvis with the sacrum; the hipbone.

INFORMED CONSENT - The process of obtaining permission from a patient before engaging in a healthcare treatment or diagnostic procedure. To be valid, Informed Consent must include;

- Disclosure** of the purpose of the procedure or treatment, the diagnosis if established, the nature of the procedure or treatment, the pertinent risks involved, the expected outcome and the reasonable options to the recommended procedure or treatment.
- Capacity** of the patient to understand the information being presented and make a reasonable decision to proceed.
- Freedom of choice** to receive or not receive the procedure or treatment without undue pressure or influence.

INTERFERENTIAL THERAPY – A form of ELECTRICAL MUSCLES STIMULATION that employs two separate electrical circuits which are applied to cross each other. This arrangement allows for the creation of an INTERFERENCE current which is more comfortable for the patient while providing temporary pain relief.

INTERSEGMENTAL TRACTION (IST) - A table that rolls or massages the spine from underneath while the patient lies comfortable on their back. Although not actually a traction device, this table helps with blood flow and to reinforce the adjustment by creating additional movement to spinal joints.

INTERVERTEBRAL FORAMEN - An opening or passageway between two adjacent vertebrae that enables the spinal nerve roots and blood vessels to pass through. It is this hole or opening that may get constricted (STENOSIS) when there is a disc bulging, and/or inflamed facet ligaments which as a result can irritate the spinal nerve exiting from the spinal cord at that level.

KYPHOSIS - A backward displacement in the lateral curve of the spine. There is a normal kyphosis in the thoracic spine.

LAMINECTOMY - Surgery that removes the lamina (the bony roof of the spinal canal) on one side or usually both sides of the vertebra to increase the size of the spinal canal, giving more room for the spinal cord or nerve roots.

LETHARGY - A condition of sluggishness. Lethargy may be due to illness, metabolic dysfunction or depression.

LIGAMENT - A band or sheet of fibrous connective tissue between the ends of bones that facilitate motion and support. They also limit motion beyond its normal physiological range.

LORDOSIS - The forward curve of the spine. There is a normal lordosis in the cervical and lumbar areas of the spine.

LOWER CROSS SYNDROME – A classification of POSTURAL SYNDROME characterized by an increased curve in the low back (HYPERLORDOSIS) , an anterior pelvic tilt, outward rotation at the hips and hyper extension of the knees. Symptoms may include low back pain and muscle tightness, especially the LUMBAR PARASPINAL muscles. Lower Cross Syndrome is typically seen in people that spend a lot of their day seated. (see POSTURAL SYNDROME)

MANIPULATION - The forceful passive movement of a joint beyond its active limit of motion. It does not imply the use of precision, specificity or the correction of nerve interference. It is sometimes used synonymously with chiropractic adjustment.

MASSAGE - Repetitive pressure, friction, percussing and kneading motions applied to a body region(s) to increase blood flow, relax tight muscle and relieve pain.

MECHANICAL LOW BACK PAIN – A term used to define non-specific lumbar pain that cannot be attributed to a particular pathology such as a SLIPPED DISC or DEGENERATIVE DISC DISEASE.

MIGRAINE HEADACHE – A form of headache caused by inflammation of the blood vessels in the brain. The pain of migraine headaches can be very severe and debilitating. The headache may be preceded by an, “Aura,” which is a neurological symptom, often spots or wavy lines in the eyes. The patient also typically will experience nausea and vomiting and sensitivity to light and loud noises. Treatment is directed and finding the things that prompt the onset of the headache, TRIGGERS, such as certain foods, and on reducing the inflammation of the cranial blood vessels.

NERVE INTERERFERENCE - *See Vertebral Subluxation.*

NOSICOMIAL INFECTION - An infection contracted as a result of being hospitalized.

NUTRITIONAL SUPPLEMENTS - A term referring to nutritional support including: vitamins, mineral, herbs, etc., recommended by a chiropractor or other practitioners to aid in treatment of the patient’s condition.

OSTEOARTHRITIS – A chronic form of inflammation of the joints (ARTHRITIS) that produces changes in joint structure, loss of space in the joint, pain and loss of function. The cause of osteoarthritis is unknown but it is associated with previous injury or improper use of the joint. AKA: DEGERATIVE JOINT DISEASE – DJD.

OSTEOPATHY - Originally, a system of medicine based upon the theory that the normal body is able to rectify itself against toxic conditions. While some manipulation is still used to treat patients, most osteopaths today rely heavily on drugs and surgery to treat patients.

OSTEOPOROSIS - A decrease in bone mineral density and increased porous condition of bones with bones becoming soft.

PALPATION - Examining with your fingers; the art of feeling with the hands.

PEDIATRIC - Pertaining to the care and medical/chiropractic treatment of children.

PHYSICAL THERAPY - Treatment of a body region using heat/cold treatments, water, traction, hydrotherapy, electrical stimulation, massage, therapeutic exercise, neuromuscular reeducation, etc. Physical therapy is adjunctive to the chiropractic adjustment which helps to facilitate quicker and more complete correction.

PINCHED NERVE – The compression of a spinal nerve root or peripheral nerve between two other structures. While commonly associated with the spine, the pinched nerve (compression lesion) is actually rare. Research suggests that only 10-15% of spine related problems are caused by direct pressure of bone on nerve tissue.

POSTERIOR - Toward the back of the body.

POSTURAL SYNDROME – A number of different conditions that are the result of improper posture. When a person does not stand, sit or work in an appropriate position there can be long term changes to their spine and associated muscles. These changes result in pain, muscle tightness and fatigue. The initial treatment of postural syndrome is directed at strengthening weakened muscles, stretching tight muscles and reducing spinal SUBLUXATIONS. Long term treatment involves educating the patient to proper posture and ERGONOMICS. (see UPPER CROSS SYNDROME and LOWER CROSS SYNDROME)

RADICULITIS - Inflammation around a nerve root.

RADICULOPATHY - Any disease of the nerve root. The associated pain is termed called radicular pain. Thus radicular pain may radiate directly form mechanical abnormalities or indirectly from herniated discs, fractures, or tumors.

RANGE OF MOTION - The range measured in degrees of a circle through which a joint can be moved.

RICE – a mnemonic representing **R**est, **I**ce, **C**ompression and **E**levation, a treatment method for acute soft tissue injuries such as strains and sprains.

ROTATOR CUFF SYNDROME – The rotator cuff is a group of four muscles in the shoulder that, as the result of sudden trauma or, more often, repeated overuse or improper use, may tear or completely rupture. This results in pain and weakness of shoulder motion, typically reaching overhead (Shoulder ABDUCTION). Rotator cuff syndrome is sometimes also termed SHOULDER IMPINGEMENT SYNDROME.

SACROILIAC - The two joints where the pelvis (hip) connects to the sacrum. AKA: “S-I” joint.

SCIATICA - The sciatic nerve is made up of the spinal nerve roots from between the lower two lumbar vertebral bodies (L4 and L5) and first level of the sacrum (S1). It supplies sensation to the buttox, posterior thigh, the lateral side of the leg and the lateral side and bottom of the foot. The SCIATIC NERVE also supplies motor control to the muscles that Flex the knee, flex and extend the ankle and all the muscles of the foot. When this nerve is compressed, inflamed, or irritated anywhere along its length, pain, loss of reflexes and weakness may result. The term sciatica refers to a pain that radiates from the lower back into the buttocks and down the back of one or both legs. The sciatic nerve is the largest nerve of the body.

SCOLIOSIS - Looking from the back, a side-ways or lateral curvature of the spine.

SHOULDER IMPINGEMENT SYNDROME – A CHRONIC condition of the shoulder in which one of the four ROTATOR CUFF muscles, the Supraspinatus Muscle, becomes pinched between the head of the humerus and the Acromion process of the SCAPULA. Impingement syndrome is usually the result of a muscle imbalance or a repeated overhead motion such as throwing a baseball.

SLIPPED DISC - A disc can bulge, herniate or rupture but because of the way each disc is attached to the vertebrae above and below, a disc cannot “slip”. Trauma or injury to the spine, however, can cause discs to tear, bulge, herniate, or worse, rupture. This can be quite painful, as the gel-like center of the disc (Nucleus Pulposus) leaks, putting pressure on the adjacent nerve roots and spinal cord.

SPASM - Involuntary contraction of a muscle or group of muscles, interfering with usual function of that particular muscle group. A constant contraction or tightening of a muscle.

SPINAL DECOMPRESSION – A form of traction therapy use to decrease pressure on a nerve root resulting from a SLIPPED DISC, DEGENERATIVE DISC DISEASE or DEGENERATIVE JOINT DISEASE of the spine.

SPINAL FUSION - An form of surgery to induce new bone growth into the space between the transverse processes or the vertebral bodies which attempts to restrict motion between the vertebrae. Spinal fusions are a last resort when excessive motion between adjacent vertebra produces INTRACTABLE pain or progressive nerve damage.

SPINAL STENOSIS - A narrowing of the spinal canal which causes pressure on the spinal nerves or cord. This condition is mostly seen in patients over the age of 50. The congenital form of spinal stenosis is seen in individuals who are born with a narrow spinal canal. In these individuals, minimal changes in the structure of the spine can cause severe spinal stenosis. The more common acquired form of stenosis is caused by progressive changes in different spinal elements (such as the discs, joints, ligaments, etc.)

SPONDYLOLISTHESIS - A condition in which a vertebra is displaced forward of the one below it in the spine. This problem can cause both back pain and leg symptoms. There are different ETIOLOGIES of spondylolisthesis; a congenital form , trauma, degenerative changes in the vertebrae or destruction by tumors.

SPRAIN – An injury to a ligament most often at or near a joint. A sprain may be ACUTE , meaning sudden, or CHRONIC, the result of repeated injury over a period of time. A sprain is typically treated initially by rest and therapy to decrease the pain and swelling (EDEMA), see **RICE**. As the condition improves treatment is directed at proper healing, strengthening of the ligament and prevention of reoccurrence.

STRAIN - An injury to a muscle or tendon. A strain may be ACUTE, meaning sudden, or CHRONIC, the result of repeated injury over a period of time. A strain is typically treated initially by rest and therapy to decrease the pain and swelling (EDEMA), see **RICE**. As the condition improves treatment is directed at proper healing, strengthening of the ligament and prevention of reoccurrence.

STRESS - A state of difficulty, pressure, or strain. There are three types of stresses: physical, chemical / environmental and emotional. Moderate stress may be beneficial such as the physical stress of strenuous exercise. Excessive stress may be detrimental to the health of a person.

SUBLUXATION – See VETEBRAL SUBLUXATION

TEMPROMANDIBULAR JOINT SYNDROME (TMJ or TJD) – A condition of the joint between the jaw (MANDIBLE) and the skull characterized by local joint pain, headache, clicking or popping on opening the jaw and loss of motion or locking of the jaw. TMJ may be the result of trauma, dental issues, stress (and associated clenching and grinding of the teeth), imbalances of the jaw, facial and neck muscles or displacement of the small disc that lines the joint. TMJ can be associated with a WHIPLASH injury and is often overlooked.

TENDON - Fibrous tissue that connects muscles with bones.

TENDONITIS / TENDONOSIS – An inflammation of a tendon. This condition is often inaccurately referred to as an inflammatory process. In reality it is a more chronic, degenerative change in the tendon due to repeated injury or overuse.

TENSION HEADACHE – A headache caused by tightness of the muscles in the neck. Typically experienced as pain across the back of the head (OCCIPITAL REGION) and the forehead (FRONTAL REGION). Tension headaches are often treated by correcting the problems that are causing tightness of the cervical (neck) muscles.

THERMOGRAPHY - This procedure measures the temperature on the skin surface to locate inflammation of muscles and soft tissues. A special thermocouple instrument or camera is used to make bilateral temperature comparisons at each level of the spine. Thermography has been used to pinpoint spinal nerve and muscle stress, however, there is no evidence in the scientific literature that this is true.

THERMOTHERAPY – Treatment using the application of heat. The heat may be in the form of hot packs (HYDROCOLLATOR), hot water, ultrasound or magnetic (DIATHERMY) energy.

TORTICOLLIS - A contracted state of the neck muscles (SPASM) that produces a twisting of the neck and unnatural position of the head.

TRIGGER POINT - A focal spot of tenderness within a muscle that may cause local or referred pain. An involuntary tight band or muscle that is painful when pressed and can refer pain to other parts of the body. AKA: MYOFASCIAL TRIGGER POINT

ULTRASOUND - High-frequency sound waves transmitted through the body to produce high frequency pulsing or heating of body tissues, particularly in ligaments, tendons and muscle. A form of THERMOTHERAPY, it is used to heat deeper structures.

UPPER CROSS SYNDROME – A classification of POSTURAL SYNDROME characterized by forward rounding of the shoulders and an anterior translation of the head. Symptoms may include neck and upper back pain, TENSION or CERVICOGENIC HEADACE and muscle tightness, especially the TRAPEZIUS

and CERVICAL PARASPINAL muscles. Upper Cross Syndrome is typically seen in people that spend a lot of their day seated in a slouching position. (see POSTURAL SYNDROME)

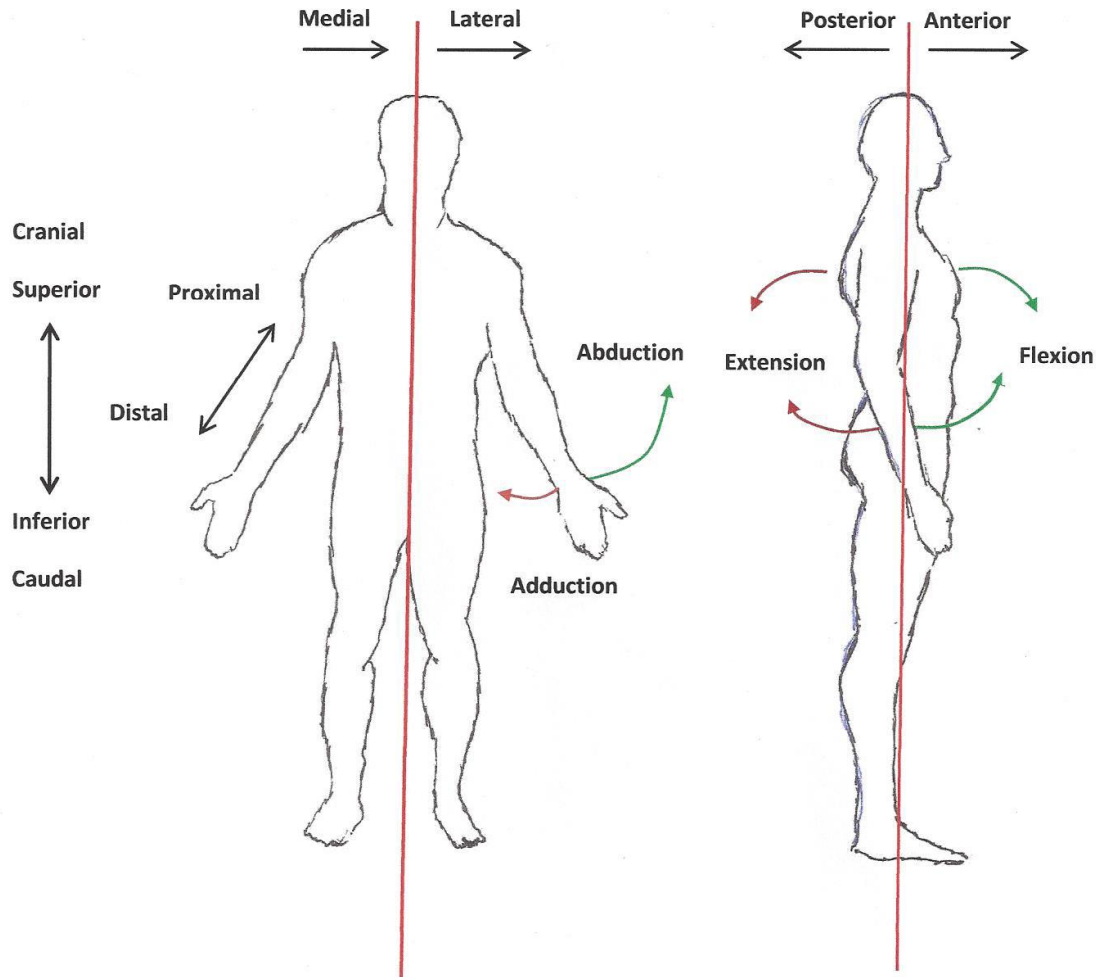
VERTEBRAL SUBLUXATION - Also referred to as nerve interference, is the chiropractic principle that misalignment or altered motion of one or more of the 24 vertebrae in the spinal column may cause alteration of nerve function and interference to the transmission of impulses from the central nervous system. This can result in a lessening of the body's natural ability to express its maximum health potential. The term is used synonymously with vertebral subluxation complex (VSC), subluxation complex, subluxation syndrome, pinched nerve and sometimes, spinal misalignment.

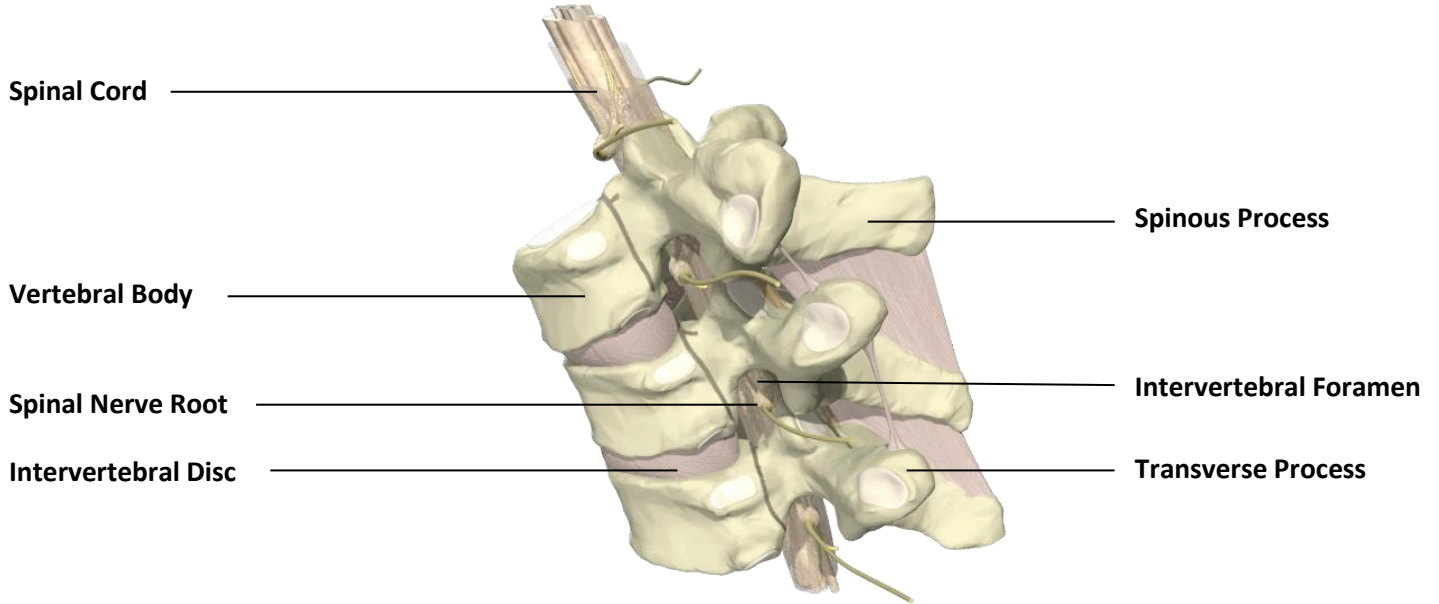
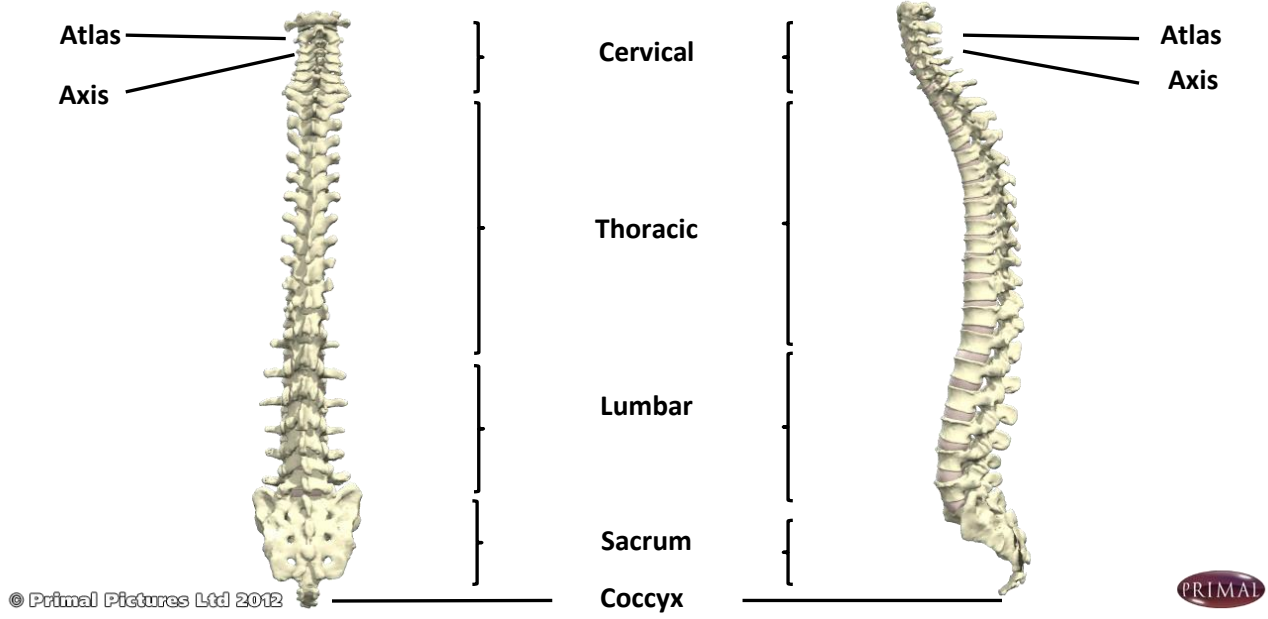
WELLNESS / MAINTENANCE - An active care model, where patients play a role in achieving their best possible health. The doctor of chiropractic emphasizes wellness, health promotion, and disease prevention to the patient.

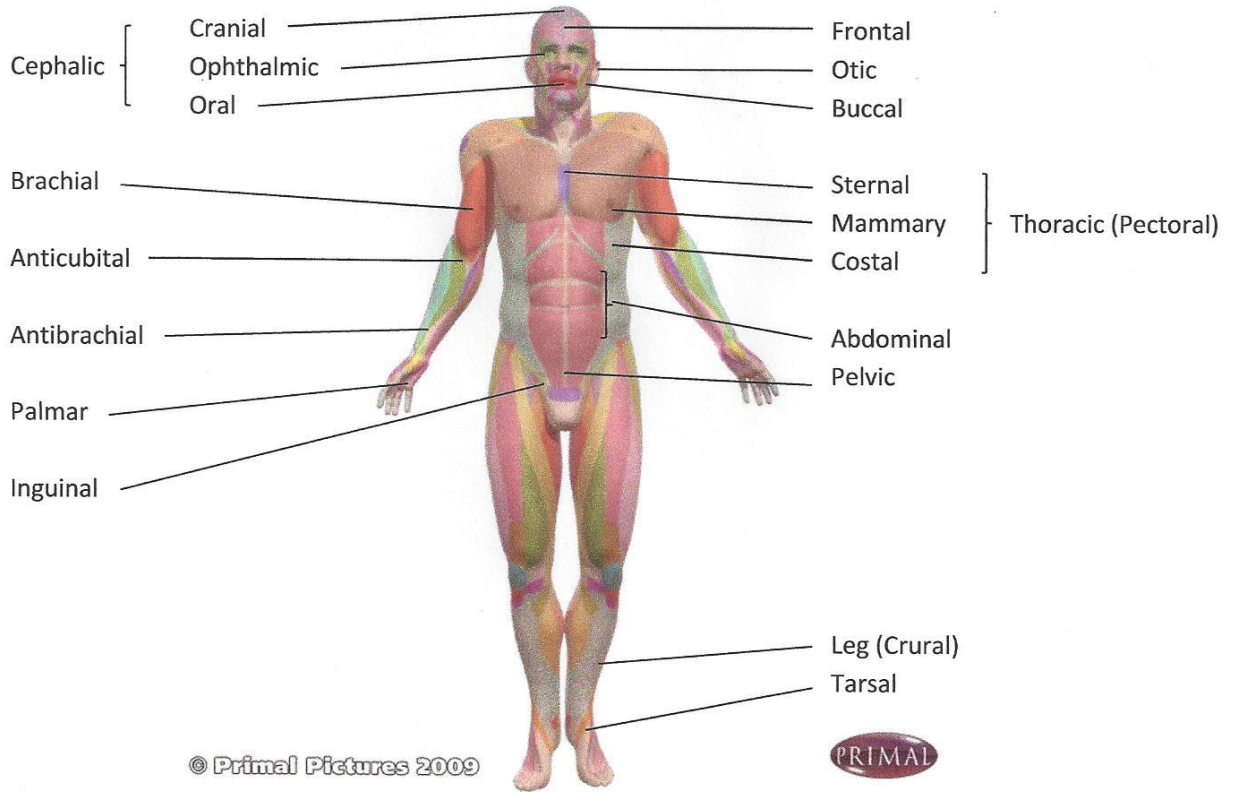
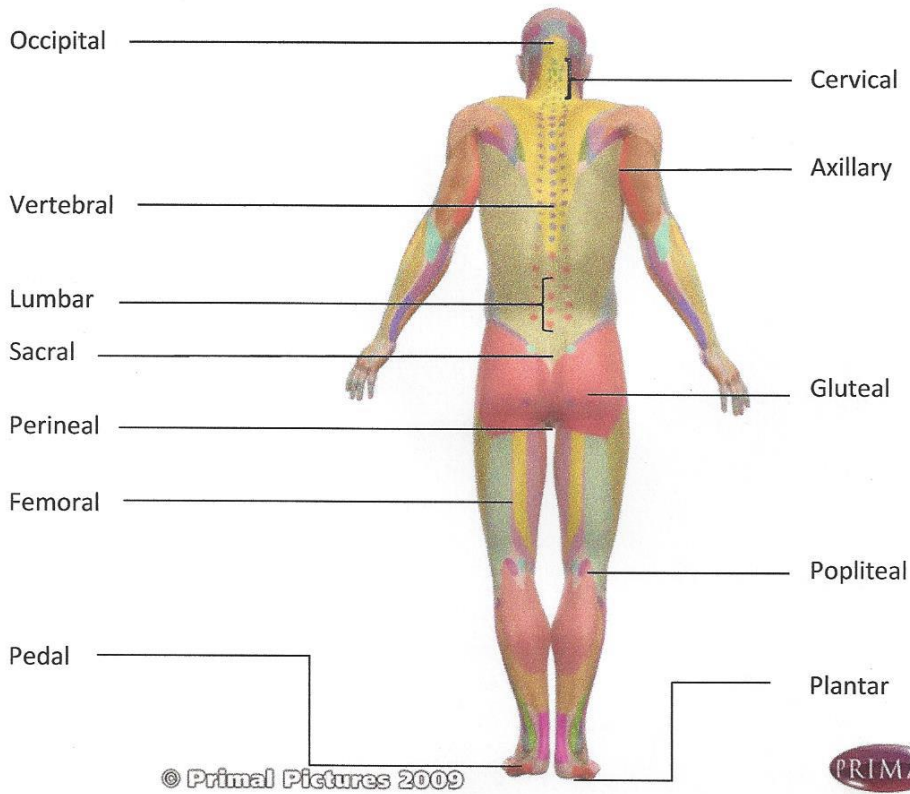
WHIPLASH - An injury to the spine caused by an abrupt jerking motion, either backward, forward or from the side. Whiplash is often seen in motor vehicle collisions but may result from anything that causes the sudden movement of the head. It should be recognized that whiplash is a combination of a number of related injuries including strain, sprain and vertebral subluxation. (see CERVICAL STRAIN / SPRAIN)

X-RAY - The common name for *Radiograph* which is a picture of the solid parts of the body produced by passing electromagnetic rays (gamma rays) through the body positioned against specialized photographic film. The rays pass through the soft tissues but are stopped by solid objects such as bones, teeth and metal.

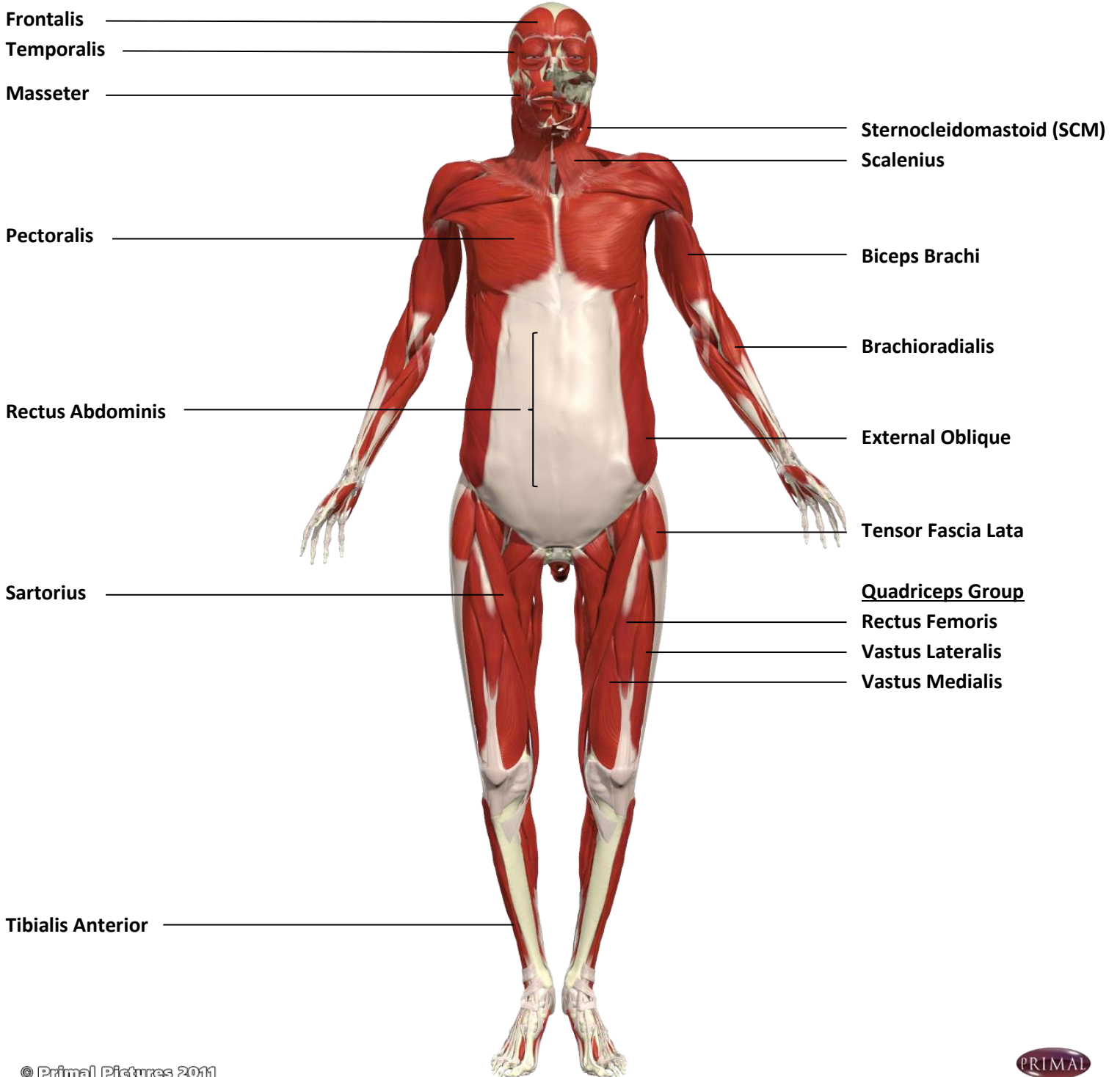
Glossary of Common Anatomical Terms

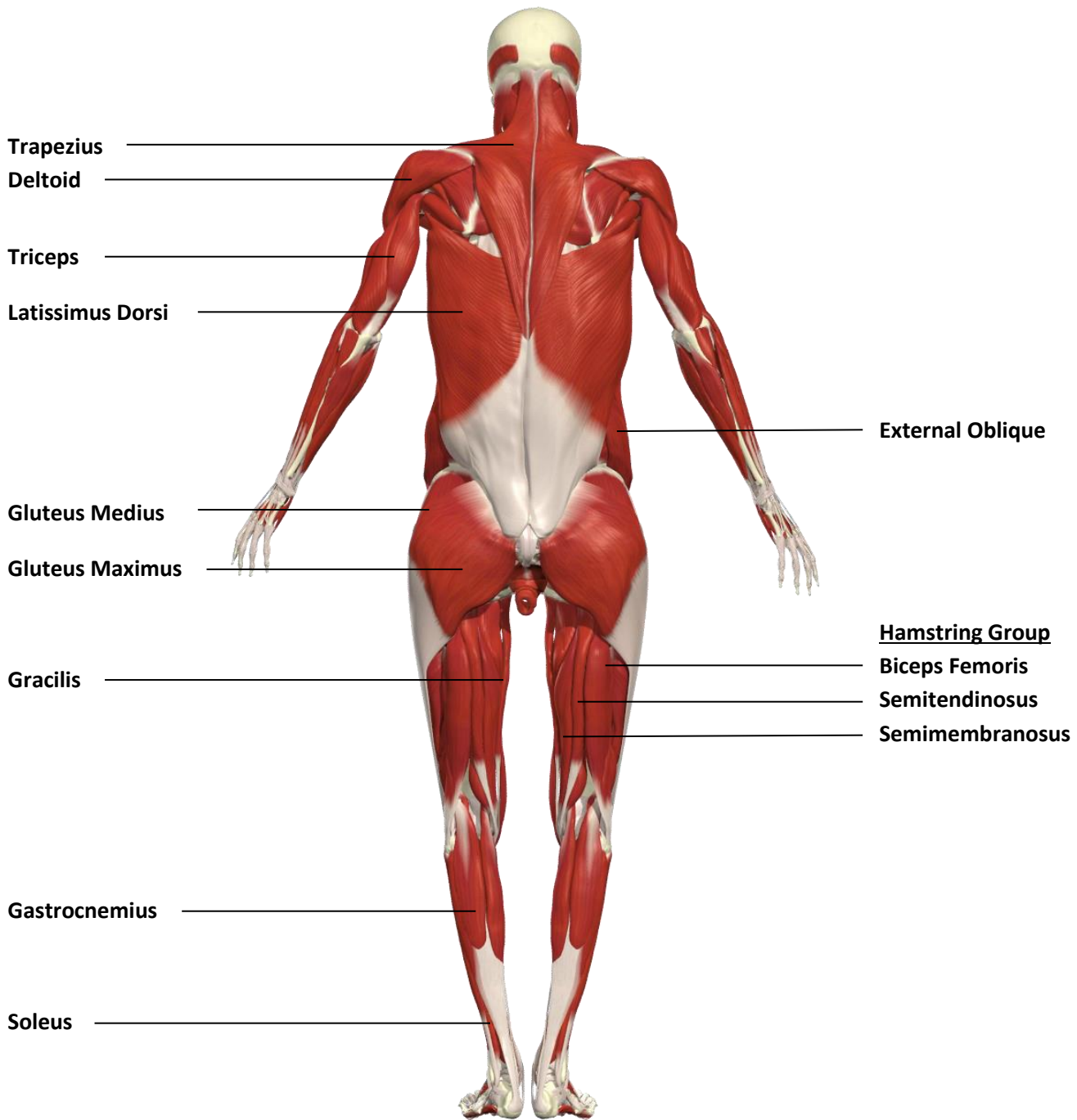






Major Muscles and Muscle Groups





Anatomical Terms

ABDOMINAL – referring to the stomach area. Usually from just below the **Strenum** (Breastbone) to just below the **Umbilicus** (Navel). AKA Celiac region.

ABDUCTION – Movement of a part away from the midline of the body. Moving the leg away from the side of the body is abduction at the hip.

ADDUCTION – Movement of a part towards the midline of the body. Lowering the arm from reaching overhead is adduction of the humerus.

ANTERIOR – The front of the body. When comparing two different areas it means in front of. ie, The nose is anterior to the ears.

ANTIBRACHIAL – the forearm (cubital).

ANTICUBITAL – The inside surface of the elbow.

APPENDICULAR – Referring to the upper and lower extremities from the root, appendage. The appendicular skeleton consists of the shoulder girdle, arm, forearm, wrist, hand, pelvic girdle, thigh, leg ankle and foot.

ATLAS - The top and most freely moving bone of the spinal column. 1st cervical **Vertebra** (C1).

AXIAL – Referring to the bone along the midline of the body. The axial skeleton consists of the skull, mandible, ossicles of the ear, the hyoid bone, the 7 cervical vertebrae, the 12 thoracic vertebrae, the 5 lumbar vertebrae, the sacrum and coccyx, the 12 pairs of ribs and the sternum.

AXILLARY – The arm pit area.

AXIS - The second cervical vertebra (C2).

BRACHIAL – this term is use to specifically identify the arm, from shoulder to the elbow but may also be used to refer to the entire **Upper Extremity**.

BUCCAL – the cheek.

CARDIAC MUSCLE – See MUSCLE

CARPAL – The wrist.

CEPHALIC – The head or in the direction of the head.

CERVICAL – The neck.

CERVICAL SPINE - In reference to the spine it is the vertebral bones, usually 7 in number, from just below the skull to the top of the shoulders.

COSTAL – Refers to the ribs. The costal area is part of the *Thoracic* region.

COCCYX - A series of small bones below the sacrum that are also known as the tailbone.

CRANIAL – This term means the area on top of the head but is also used to designate the entire head.

CUTANEOUS – Refers to the skin.

DISTAL – A body part that is farther away from the middle of the body compared to another part.

DORSAL – Relating to the back. Sometimes this term is used to mean the same as the *Thoracic* region. It also refers to the back of any other part. The Dorsal aspect of the hand is the back of the hand.

EXTENSION – Moving a joint away from the midline. ie. Straightening the elbow or the knee is extension. In reference to the torso it refers to bending backwards.

FEMORAL – The thigh region.

FLEXION – Bending a joint towards the midline of the body. ie. bending the elbow or the knee. In reference to the torso it is bending forward.

FRONTAL – When talking about the face it means the forehead.

GLUTEAL – The area of the buttock.

INFERIOR – Towards the feet. When comparing two different areas it means below. ie, The feet are inferior to the knees.

INGUINAL – Refers to the area of the front of the body where the thighs meet the torso. Also referred to as the Groin.

INTERVERTEBRAL DISC - A cartilage (cushion/pad) that separates spinal vertebrae, absorbs shocks to the spine, protects the nervous system and assists in creating the four normal curves of the spine. A soft, jelly-like center is contained by outer layers of fibrous tissue. Healthy discs help allow normal turning and bending.

LATERAL – Means to the side or away from the middle. The side view of the body.

LATERAL FLEXION – Bending the head or the torso to the side

LEG – The leg is the part of the lower extremity from below the knee to the ankle. It is sometimes referred to as the *Crural* area.

LUMBAR – The low back area. The part of the back and sides between the lowest ribs and the pelvis.

LUMBAR SPINE - It also refers to the vertebral bones, typically 5 in number, at the bottom of the spine just above the tailbone (***Sacral region***).

MAMMARY – The breast tissue.

MEDIAL – Towards the midline of the body.

MUSCLE – A soft tissue of the body that consists of specialized protein fibers that can glide past each other resulting in contraction or shortening of the tissue. Muscles are divided into 3 categories;

Skeletal Muscle – The muscles under **voluntary** control. Typically these muscles attach by tendons to bone and result in movement.

Smooth Muscle – Smooth muscles are found within the walls of organs such as the esophagus, stomach, intestines, bronchii, bladder and uterus. These muscles are no under conscious control and are therefore often referred to as ***involuntary muscles***.

Cardiac Muscle – Cardiac muscle is similar to skeletal muscles but is not under voluntary control. It is only found in heart tissue

NASAL – The nose. (not labeled)

NAVEL – Is another term for the ***Umbilicus*** or belly button.

OCCIPITAL – The back of the head.

OPHTHALMIC – The areas around the eyes.

ORAL – The mouth.

OTIC – The ear.

PALMAR – In the upper extremity it refers to the side that faces up like the palm of the hand.

PARASPINAL – Pertaining to the area on either side of the spine.

PECTORAL – Another term for the chest or the front of the ***Thoracic*** region.

PEDAL – The foot region.

PELVIC – The area of the torso below the abdomen.

PERINEAL – The region of the body between the genitals and the anus. It constitutes the floor of the pelvic cavity.

PLANTAR – The bottom or sole of the foot.

POPLITEAL – The back of the knee.

POSTERIOR – The back of the body or body part. When comparing two different areas it means in behind. ie, The gluteal region is posterior to the inguinal area.

PROXIMAL – Closer to the body by comparison. ie, The elbow is proximal to the wrist.

SACRAL – The tailbone.

SACRUM - The triangular bone at the base of the spine.

SCAPULA – The shoulder blade. The large, flat bone on the back that joins the arm to the torso.

SKELETAL MUSCLE – See MUSCLE

SMOOTH MUSCLE – See MUSCLE

SPINAL CORD – The large collection of nerves that passes from the brain, through the **Spinal Canal** of the **Vertebra** and give off the paired Spinal Nerves. Information passes through the spinal cord from the brain to all parts of the body and back.

SPINAL NERVE - 31 pairs of nerve roots that branch off the spinal cord and exit through holes (intervertebral foramen) formed by the vertebral column and the intervertebral discs. They are the main conduit through which the brain is able to send and receive nerve impulses to all parts of the body.

SPINOUS PROCESS - The protruding part of the back of each spinal bone (VERTEBRA) that can be seen or felt when examining the spine.

STERNAL – The breastbone.

SUPERIOR – Towards the head. When comparing two different areas it means above. ie, The head is superior to the neck.

TARSAL – The ankle.

TARSAL BONES - The seven bones of the ankle.

THORACIC – The upper part of the torso. It is the region of the body consisting of the rib cage, lungs and heart. The **Anterior** portion of the thoracic region is also referred to as the **Pectoral** area.

THORACIC SPINE- Pertaining to the 12 vertebrae of the middle back that form the base of the neck to about six inches above the waistline to which the ribs attach.

TRANSVERSE PROCESS - Lateral protrusions (wings) on the side of each vertebra to which powerful muscles and ligaments attach.

UMBILICUS – Another name for the **Navel** or belly button.

VERTEBRA - Any of the individual bones of the spinal column (usually 24).

VERTEBRAL – Relating to the back bone.

VERTEBRAL BODY – The main portion of the vertebra. The INTERVETEBRAL DISC lies between two adjacent Vertebral Bodies.

Practice Exercise

So now that you have studied all the terms and anatomy let us try a few examples. First will be a description of a condition in layman's language and you will convert it to the proper professional terminology.

1. A bruise on the right buttock.
2. Swelling of the left wrist.
3. I applied an electrical treatment to the patient's lower back just a little to the side of the backbone
4. The patient has nerve pain in their left upper arm.
5. This patient has a stiff neck that just started today as the result of decreased movement in the first bone in her neck.
6. Due to swelling and pain following an injury the patient cannot straighten out his knee.

For the following, rewrite the phrase using the appropriate Standard Abbreviations.

7. The patient presents with a chief complaint of headache and bilateral low back pain.
8. Examination findings reveal a loss of active range of lumbar motion in left lateral flexion and extension.
9. Treatment is to consist of spinal manipulative therapy to the lumbosacral region with transcutaneous electrical nerve stimulation to the paraspinal muscles for 10 minutes.
10. The patient is advised to apply a cold pack to the low back area for 20 minutes, three times a day.

Answers:

1. A contusion of the right gluteal region
2. Left carpal edema
3. I applied electrical muscle stimulation to the lumbar region, just lateral to the spinous processes.
4. The patient has left brachial neuralgia
5. The patient has an acute torticollis resulting from hypomobility of the atlas.
6. The patient has a post traumatic arthritis causing limited extension of the knee.

Standard Abbreviations

7. The pt. presents with a C/C of HA and bilat LBP.
8. EX reveals a decrease in L AROM in LLF and ext.
9. Tx: LS – SMT w/ TENS –L paraspinal mm 10 min.
10. PT advised to use CP over LB for 20 min, t.i.d.