



# Massage Therapy Abbreviation Guide



## TECHNIQUE & ANATOMY

- B: Bilateral
- CFF or XFF: Cross Fiber Friction
- CST: Craniosacral Therapy
- DT: Deep Tissue
- EW: Energy Work
- FBM/FB: Full Body Massage
- IASTM: Instrument Assisted Soft Tissue Mobilization
- MFR: Myofascial Release
- MLD: Manual Lymphatic Drainage
- MMT: Manual Muscle Test
- NMT: Neuromuscular Therapy
- O + I: Origins and Insertions
- PNF: Proprioceptive Neuromuscular Facilitation
- RYT: Registered Yoga Training
- TPT: Trigger Point Therapy
- Tx: Treatment
- TTM: Traditional Thai Massage

## OTHER

- CCP: Continued Competency Program
- CEC: Continued Education Credits
- CGL: Commercial General Liability
- RCT: Randomized Controlled Trial
- SOAP: Subjective, Objective, Assessment, Plan

## AILMENT & MEDICAL

- BP: Blood Pressure
- CTS: Carpal Tunnel Syndrome
- DVT: Deep Vein Thrombosis
- HT: Hypertension
- Hx: History
- LBP: Low Back Pain
- MVA: Motor Vehicle Accident
- NWB: Non-Weight Bearing
- OA: Osteoarthritis
- RA: Rheumatoid Arthritis
- RICE: Rest, Ice, Compression, Elevation
- WFL: With Functional Limits
- WNL: With Normal Limits

## PROFESSIONAL TITLES

- AT: Athletic Trainer
- DO: Doctor of Osteopathy
- DC: Doctor of Chiropractic
- MD: Medical Doctor
- MO: Manual Osteopath
- NHP: Natural Health Practitioner
- RYT: Registered Yoga Training
- NP: Nurse Practitioner or Naturopathic Doctor
- OT: Occupational Therapist
- PT: Physiotherapist