

List of abbreviations

AC	acromioclavicular joint
ACL	anterior cruciate ligament
ADL	activities of daily living
AIS	active isolated stretching
AP	anteroposterior
ART	active release technique
CPM	continuous passive motion
DB	dumbbell
DD	dura-disc
DIP	distal interphalangeal joint
EMS	electro muscle stimulation
ESWT	extracorporeal shock wave therapy
FMS	Functional Movement Screen
FNOR	Functional Neuro-Orthopedic Rehabilitation
IP	interphalangeal joint
ITB	iliotibial band
LDM	lymphatic drainage massage
LE	lower extremity
LIPUS	low intensity pulsed ultrasound
MAT	mechanically assisted chiropractic adjusting techniques
MB	medicine ball
MCP	metacarpophalangeal joint
MFR	myofascial release technique
MMT	manual muscle testing
MVC	maximum voluntary contraction
PHE	prone hip extension
PIP	proximal interphalangeal joint
PNF	proprioceptive neuromuscular facilitation
PRE	progressive resistance exercises
RICE	Rest, Ice, Compression, Elevation
ROM	range of motion
SB	swiss-ball
SC	sternoclavicular joint
SCM	sternocleidomastoid
SLR	straight leg raise
SFMA	Selective Functional Movement Assessment
STT	soft tissue therapy
TENS	transcutaneous electrical nerve stimulation
TFL	tensor fascia latae
TPT	trigger point therapy
TrA	transversus abdominis
UE	upper extremity
VMO	vastus medialis obliquus
WAD	whiplash associated disorders