

Medical Abbreviations & Acronyms

L - left, liter, lumbar

LA - left arm

LAC - left antecubital, laceration

LAD - left anterior descending

Lap - laproscopic

LB - pound

LBBB - left bundle branch block

LC - leptomeningeal carcinomatosis

LDL - low density lipoprotein

LE - lower extremity, lupus erythematosus

LFA - left forearm

LFT - liver function tests

LHC - left heart catheterization

LIJ - left internal jugular

LIP - licensed independent practitioner

Liq - liquid

LIS - low intermittent suction

LLE - left lower extremity

LLL - left lower lobe

LM - liters per minute

LMP - last menstrual period

LMWH - low molecular weight heparin

LOA - lysis of adhesions

LOC - level of consciousness

LOS - length of stay

LP - lumbar puncture

LPN - licensed practical nurse

LR - lactated ringers

LRI - lower respiratory infection

LSO brace - lumbosacral orthosis brace

LTAC - long term acute care

LTC - Long term care

LUA - left upper arm

LUL - left upper lobe

LV - left ventricle

LVL - level

LVN - licensed vocational nurse

Lymph - lymphocytes



HEP Medical Abbreviation Physical Therapy: Decoding the Code

Are you a physical therapy professional, a student navigating the complexities of medical terminology, or simply curious about the abbreviation "HEP" in a physical therapy context? This comprehensive guide will unravel the meaning of HEP in the world of physical therapy, explaining its significance, common applications, and what you can expect from a HEP plan. We'll explore its role in rehabilitation, discuss different types of HEP, and answer frequently asked questions to provide a complete understanding of this vital aspect of patient care.

What Does HEP Stand For in Physical Therapy?

The abbreviation "HEP" in physical therapy stands for Home Exercise Program. It's a crucial component of patient rehabilitation, representing the tailored exercises and activities a patient performs independently at home to support their recovery and progress. Think of it as the "homework" assigned after a physical therapy session. It's designed to reinforce the work done in the clinic and promote long-term functional improvements. The effectiveness of HEP is significantly linked to patient adherence and understanding.

The Importance of a Well-Structured HEP

A well-designed HEP is not simply a list of exercises. It's a carefully crafted plan that considers the individual patient's specific needs, limitations, and goals. A successful HEP incorporates several key elements:

1. Clear Instructions and Demonstrations:

The instructions should be easy to understand and follow, avoiding complex medical jargon. Ideally, the physical therapist will demonstrate each exercise correctly, providing visual aids or written materials for reference.

2. Gradual Progression:

The exercises should progress in difficulty over time, ensuring the patient is challenged but not overwhelmed. This gradual increase in intensity and complexity helps prevent injury and promotes continuous improvement.

3. Realistic Goals and Expectations:

The HEP should align with the patient's overall treatment goals and their individual capabilities. Setting realistic expectations helps maintain motivation and prevents discouragement.

4. Patient Education and Feedback:

Effective communication is crucial. The physical therapist should educate the patient about the rationale behind each exercise and encourage feedback on their progress and any challenges they encounter. Regular check-ins and adjustments are vital for optimal results.

5. Integration into Daily Life:

A successful HEP should seamlessly integrate into the patient's daily routine, making it easier for them to stick to the plan.

Types of Exercises Included in a HEP

A HEP can include a variety of exercises tailored to the patient's condition. These might include:

Range of motion exercises: Improving flexibility and joint mobility.

Strengthening exercises: Building muscle strength and endurance.

Cardiovascular exercises: Improving heart and lung function.

Balance exercises: Enhancing stability and reducing fall risk.

Neuromuscular exercises: Improving coordination and motor control.

Proprioceptive exercises: Enhancing body awareness and joint position sense.

HEP and Different Patient Populations

HEP is applicable across a broad spectrum of patient populations, including:

Post-surgical rehabilitation: Following orthopedic surgeries like knee replacements or rotator cuff repairs.

Sports injuries: Recovering from sprains, strains, and other athletic injuries.

Neurological conditions: Managing conditions like stroke, multiple sclerosis, or Parkinson's disease.

Chronic pain management: Addressing conditions like arthritis or back pain.

Geriatric rehabilitation: Improving mobility and function in older adults.

Maximizing the Effectiveness of Your HEP

To get the most out of your HEP, remember to:

 $Follow\ instructions\ carefully:\ Adhere\ to\ the\ prescribed\ exercises,\ repetitions,\ and\ sets.$

Listen to your body: Stop if you experience pain and consult your physical therapist.

Maintain consistency: Regular adherence is crucial for optimal results.

Communicate with your therapist: Report any progress, challenges, or changes in your condition. Ask questions: Don't hesitate to clarify anything you don't understand.

Conclusion

Understanding the meaning and importance of "HEP" – Home Exercise Program – is vital for anyone involved in physical therapy. A well-structured HEP is a cornerstone of successful rehabilitation, contributing significantly to a patient's recovery and improved quality of life. By understanding its components and actively participating in the process, patients can maximize the benefits of their physical therapy and achieve their rehabilitation goals.

FAQs

- 1. What happens if I can't complete all the exercises in my HEP? Contact your physical therapist immediately. They can adjust the program to better suit your abilities.
- 2. How often should I do my HEP exercises? This will vary depending on your condition and your therapist's recommendations; usually daily or several times a week.
- 3. Is it okay to modify exercises in my HEP? No, it's essential to perform the exercises as instructed to avoid injury and ensure effective rehabilitation. If you have concerns, contact your physical therapist.
- 4. Can I use video tutorials to understand my HEP exercises? While helpful, videos should not replace a physical therapist's demonstration and explanation; seek clarification if something is unclear.
- 5. My HEP feels too easy/difficult. What should I do? Schedule a follow-up appointment with your physical therapist to adjust the intensity and progression of your program.

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fields of exercise science and physical therapy make the text a comprehensive, well-rounded overview of therapeutic exercise techniques.

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hep medical abbreviation physical therapy: Dictionary of Abbreviations in Medical Sciences Rolf Heister, 2012-12-06 Not everyone is a friend of the manifold abbreviations that have by now beCome a part of the scientific language of medicine. In order to avoid misunderstanding these abbreviations, it is wise to refer to a reliable dictionary, such as this one prepared by Heister. The abbreviation ED means, for instance, effective dose to the pharmacologist. However, it might also stand for emetic dose. Radiologists use the same abbreviation for erythema dose, and ED could also mean ethyl dichlorarsine. A com mon meaning of ECU is European currency unit, a meaning that might not be very often in scientific medical publications. ECU, however, also means environmental control unit or European Chiropractic Union. Hopefully, those making inventions and discoveries will make use of Heister's dictionary before creating new abbreviations when preparing manuscripts for scientific publications. It is a very worthwhile goal not to use the same abbreviation for several different terms, especially if it is already widely accepted to mean only one of them. It may be impossible, however, to achieve this goal in different scientific disciplines. Therefore, although it is wise for the abbreviations used in a publication to be defined, it is also very helpful for readers and writers to use a dictionary such as this one. The author deserves our warmest thanks since we know that compiling such a comprehensive dictionary is based upon incredibly hard effort.

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Moore, Matthew D. Neal, Ernest E. Moore, 2020-10-12 The first edition of this publication was aimed at defining the current concepts of trauma induced coagulopathy by critically analyzing the most up-to-date studies from a clinical and basic science perspective. It served as a reference source for any clinician interested in reviewing the pathophysiology, diagnosis, and management of the coagulopathic trauma patient, and the data that supports it. By meticulously describing the methodology of most traditional as well as state of the art coagulation assays the reader is provided with a full understanding of the tests that are used to study trauma induced coagulopathy. With the growing interest in understanding and managing coagulation in trauma, this second edition has been expanded to 46 chapters from its original 35 to incorporate the massive global efforts in understanding, diagnosing, and treating trauma induced coagulopathy. The evolving use of blood products as well as recently introduced hemostatic medications is reviewed in detail. The text provides therapeutic strategies to treat specific coagulation abnormalities following severe injury, which goes beyond the first edition that largely was based on describing the mechanisms causing coagulation abnormalities. Trauma Induced Coagulopathy 2nd Edition is a valuable reference to clinicians that are faced with specific clinical challenges when managing coagulopathy.

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hep medical abbreviation physical therapy: Physical Rehabilitation Laboratory Manual Susan B. O'Sullivan, Thomas J. Schmitz, 1999 ... this manual does an excellent job of merging traditional and contemporary principles of neurotherapeutic intervention, all with a practical, functional orientation. -- Physical Therapy Care Reports, Vol. 2, No. 1, January 1999 Here's an integrated physical therapy model applicable to a variety of clinical problems and diagnoses. After exploring the application of treatment techniques, the authors focus on clinical decision-making strategies using clinical problems and progressively comprehensive case studies. This text offers a wonderful source of ideas for developing laboratory experiences that will be directly applicable to clinical situations that our students will face in their future practice. -- Mark W. Pape, MSPT, Angelo State University, San Angelo, Texas

hep medical abbreviation physical therapy: Anti-Neutrophil Cytoplasmic Antibody (ANCA) Associated Vasculitis Renato Alberto Sinico, Loïc Guillevin, 2019-09-13 This volume, written by well-known experts in the field, covers all aspects of Anti-Neutrophil Cytoplasmic Antibody (ANCA) Associated Vasculitis (AAV). The expression refers to a group of diseases,

characterized by destruction and inflammation of small vessels. The clinical signs vary and affect several organs, such as the kidney, lung, skin, nervous system and others. The opening chapters give some historical hints, explain the genetic basis of the disease and provide insights into the pathogenesis derived from recent experimental studies and guides the reader through classification and nomenclature. A large part of the book is then devoted to a detailed description of the specific related diseases and their clinical presentations, the disease course, and potential complications. The advice regarding treatment is based on the best currently available evidence in this constantly evolving area. The book is part of Springer's series Rare Diseases of the Immune System, which presents recently acquired knowledge on pathogenesis, diagnosis, and therapy with the aim of promoting a more holistic approach to these conditions. AAVs are systemic autoimmune diseases of unknown cause that affect small (to medium) sized blood vessels. They include granulomatosis with polyangiitis (formerly Wegener's granulomatosis), microscopic polyangiitis, and eosinophilic granulomatosis with polyangiitis (formerly Churg-Strauss syndrome). This volume will be an invaluable source of up-to-date information for all practitioners involved in the care of patients with these diseases.

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hep medical abbreviation physical therapy: Guccione's Geriatric Physical Therapy E-Book Dale Avers, Rita Wong, 2019-10-24 **Selected for Doody's Core Titles® 2024 in Physical Therapy** Offering a comprehensive look at physical therapy science and practice, Guccione's Geriatric Physical Therapy, 4th Edition is a perfect resource for both students and practitioners alike. Year after year, this text is recommended as the primary preparatory resource for the Geriatric Physical Therapy Specialization exam. And this new fourth edition only gets better. Content is thoroughly revised to keep you up to date on the latest geriatric physical therapy protocols and conditions. Five new chapters are added to this edition to help you learn how to better manage common orthopedic, cardiopulmonary, and neurologic conditions; become familiar with functional outcomes and assessments; and better understand the psychosocial aspects of aging. In all, you can rely on Guccione's Geriatric Physical Therapy to help you effectively care for today's aging patient population. - Comprehensive coverage of geriatric physical therapy prepares students and clinicians to provide thoughtful, evidence-based care for aging patients. - Combination of foundational knowledge and clinically relevant information provides a meaningful background in how to effectively manage geriatric disorders - Updated information reflects the most recent and relevant information on the Geriatric Clinical Specialty Exam. - Standard APTA terminology prepares students for terms they will hear in practice. - Expert authorship ensures all information is authoritative, current, and clinically accurate. - NEW! Thoroughly revised and updated content across all chapters keeps students up to date with the latest geriatric physical therapy protocols and conditions. - NEW! References located at the end of each chapter point students toward credible external sources for further information. - NEW! Treatment chapters guide students in managing common conditions in orthopedics, cardiopulmonary, and neurology. - NEW! Chapter on functional outcomes and assessment lists relevant scores for the most frequently used tests. - NEW! Chapter on psychosocial aspects of aging provides a well-rounded view of the social and mental conditions commonly affecting geriatric patients. - NEW! Chapter on frailty covers a wide variety of interventions to optimize treatment. - NEW! Enhanced eBook version is included with print purchase, allowing students to access all of the text, figures, and references from the book on a variety of devices.

hep medical abbreviation physical therapy: <u>Drug-Induced Liver Injury</u>, 2019-07-13 Drug-Induced Liver Injury, Volume 85, the newest volume in the Advances in Pharmacology series, presents a variety of chapters from the best authors in the field. Chapters in this new release include

Cell death mechanisms in DILI, Mitochondria in DILI, Primary hepatocytes and their cultures for the testing of drug-induced liver injury, MetaHeps an alternate approach to identify IDILI, Autophagy and DILI, Biomarkers and DILI, Regeneration and DILI, Drug-induced liver injury in obesity and nonalcoholic fatty liver disease, Mechanisms of Idiosyncratic Drug-Induced Liver Injury, the Evaluation and Treatment of Acetaminophen Toxicity, and much more. - Includes the authority and expertise of leading contributors in pharmacology - Presents the latest release in the Advances in Pharmacology series

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hep medical abbreviation physical therapy: Documentation for Physical Therapist Assistants Wendy D Bircher, 2017-10-01 Build your documentation skills—and your confidence. Step by step, this text/workbook introduces you to the importance of documentation; shows you how

to develop and write a proper and defensible note; and prepares you to meet the technological challenges you'll encounter in practice. You'll learn how to provide the proper documentation to assure all forms of reimbursement (including third party) for your services. You'll also explore issues of patient confidentiality, HIPAA requirements, and the ever-increasing demands of legal and ethical practice in a litigious society.

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hep medical abbreviation physical therapy: Pediatric Swallowing and Feeding Joan C. Arvedson, Linda Brodsky, Maureen A. Lefton-Greif, 2019-07-26 Pediatric Swallowing and Feeding: Assessment and Management, Third Edition provides information to practitioners interested in and involved with children who demonstrate swallowing and feeding disorders. Since the 2002 publication of the second edition, there has been an exponential increase in the number of medically fragile and complex children with swallowing/feeding disorders. A corresponding proliferation in the related basic and clinical research has resulted in the increased appreciation of the complicated inter-relationships between structures and systems that contribute to swallowing/feeding development, function, and disorders. Case studies throughout the book provide examples for decision making and highlight salient points. New to the Third Edition: * Maureen A. Lefton-Greif, PhD, CCC-SLP, BCS-S, is welcomed as co-editor. She brings extensive research expertise and clinical practice in pediatric dysphagia and feeding. * All chapters contain significant updated evidence-based research and clinical information. * New chapters focus on the genetic testing and conditions associated with swallowing and feeding disorders, and the pulmonary manifestations and management of aspiration. * World Health Organization (WHO) description of an International Classification of Functioning, Disability, and Health (ICF) sets the stage for an in-depth discussion of clinical feeding evaluation procedures, interpretation, and management decision making. Pediatric Swallowing and Feeding continues to be the leading text on pediatric dysphagia that provides practical information for clinicians seeing children with swallowing and feeding disorders. The overall importance of an appropriate fund of knowledge and shared experience employing team approaches is emphasized throughout this third edition as in the earlier editions of this book. From the Foreword: The Editors have recognized the advances and changes in the understanding in the information now available for the care of pediatric swallowing and feeding challenges. They have recruited an outstanding group of contributors for this newest edition. There are numerous critically important updates and additions in the third edition. They have included World Health Organizations International Classification of Functioning, Disability and Health is the functional basis in all areas of the book. This text has its importance as there has been an increased number of children with

complex medical and healthcare conditions which are risk for feeding and swallowing disorders. This edition stresses the need for team approaches and also documents the use of "virtual" teams ...Pediatric Swallowing and Feeding: Assessment and Management, Third Edition is the fundamental holistic source for all healthcare providers providing the care for swallowing and feeding in children. This book will be utilized by all caring for children with feeding and swallowing problems throughout the world. The previous editions have been and now this updated third edition continues to be the standard source for the information concerning diagnosis and care of these children. —Robert J. Ruben, MD, FAAP, FACS Distinguished University Professor Departments of Otorhinolaryngology – Head and Neck Surgery and Pediatrics Albert Einstein College of Medicine Montefiore Medical Center Bronx, New York

hep medical abbreviation physical therapy: The New Oxford Handbook of Economic Geography Dariusz Wójcik, 2018-01-04 The first fifteen years of the 21st century have thrown into sharp relief the challenges of growth, equity, stability, and sustainability facing the world economy. In addition, they have exposed the inadequacies of mainstream economics in providing answers to these challenges. This volume gathers over 50 leading scholars from around the world to offer a forward-looking perspective of economic geography to understanding the various building blocks, relationships, and trajectories in the world economy. The perspective is at the same time grounded in theory and in the experiences of particular places. Reviewing state-of-the-art of economic geography, setting agendas, and with illustrations and empirical evidence from all over the world, the book should be an essential reference for students, researchers, as well as strategists and policy makers. Building on the success of the first edition, this volume offers a radically revised, updated, and broader approach to economic geography. With the backdrop of the global financial crisis, finance is investigated in chapters on financial stability, financial innovation, global financial networks, the global map of savings and investments, and financialization. Environmental challenges are addressed in chapters on resource economies, vulnerability of regions to climate change, carbon markets, and energy transitions. Distribution and consumption feature alongside more established topics on the firm, innovation, and work. The handbook also captures the theoretical and conceptual innovations of the last fifteen years, including evolutionary economic geography and the global production networks approach. Addressing the dangers of inequality, instability, and environmental crisis head-on, the volume concludes with strategies for growth and new ways of envisioning the spatiality of economy for the future.

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Randall S. Kusunose, Edward K. Goering, 1995

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hep medical abbreviation physical therapy: Occupational Therapy for People with Parkinson's Disease Ana Aragon, Jill Kings, 2010 These practice guidelines draw upon the widest relevant knowledge and evidence available to describe and inform contemporary best practice occupational therapy for people with Parkinson's disease. They include practical examples of interventions to allow occupational therapists to apply new treatments to their practice.

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hep medical abbreviation physical therapy: Rehabilitation of the Spine Craig Liebenson, 2007 The foremost authorities from chiropractics, orthopaedics and physical therapy present a practical overview of spinal rehabilitation. This clinical resource presents the most current and significant spinal rehab information, showing how to apply simple and inexpensive rehabilitation in the office. The updated Second Edition includes clinical/regional protocols and chapters on diagnostic triage, acute care, functional assessment, recovery care, outcomes, and biopsychosocial aspects. A bonus DVD offers demonstrations of key therapies and procedures.

hep medical abbreviation physical therapy: *Documentation Basics* Mia Erickson, Mia L. Erickson, 2012 Complete and accurate documentation is one of the most important skills for a physical therapist assistant to develop and use effectively. The new Second Edition of Documentation Basics: A Guide for the Physical Therapist Assistant continues the path of teaching the student and clinician documentation from A to Z.

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definitions. The beginning sections also include symbols, genetic symbols, and the Greek alphabet and symbols.

hep medical abbreviation physical therapy: <u>Taber's Cyclopedic Medical Dictionary</u> Donald Venes, 2017-01-25 Taber's brings meanings to life. Put the language of nursing, medicine and the healthcare professions at your fingertips. In hand, online, or on your mobile device—anywhere and everywhere, Taber's 23 is the all-in-one, go-to source in the classroom, clinical, and beyond. Under the editorial direction of Donald Venes, MD, MSJ, a team of expert consulting editors and consultants representing nearly every health care profession ensures that the content reflects the most current healthcare information.

hep medical abbreviation physical therapy: Federal Guidelines for Opioid Treatment Programs U.S. Department of Health and Human Services, 2019-11-23 The Federal Guidelines for Opioid Treatment Programs (Guidelines) describe the Substance Abuse and Mental Health Services Administration's (SAMHSA) expectation of how the federal opioid treatment standards found in Title 42 of the Code of Federal Regulations Part 8 (42 CFR § 8) are to be satisfied by opioid treatment programs (OTPs). Under these federal regulations, OTPs are required to have current valid accreditation status, SAMHSA certification, and Drug Enforcement Administration (DEA) registration before they are able to administer or dispense opioid drugs for the treatment of opioid addiction.

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