Useful Pro Tools Shortcuts

Basics

Option	change parameter on all
Option + shift	change parameter on selected
Option + command	cascade all
Option + shift + command	cascade all selected
Shift and select	select multiple contiguous tracks
Command (and select)	select multiple non-contiguous tracks
Command	fine adjust
Command	bypasses a plugin
Control	allows you to temporarily suspend a member of an edit/mix group
Control	constrain audio region to vertical movement
Tab	tab to transients (if enabled)
Down/up cursor	marks in/out points for a selected area while in play or record mode
Left/right cursor	brings to view the beginning or end of a selected area
Command + a	selects all regions on any tracks with the cursor placed in their field
Command + '+'	alternates between edit & mix windows
Return	locates to the beginning of a session
Option + apple + b	opens bounce to disk
Option + return	go to end of session
Return then Command + a	selects all regions in all tracks in the edit window
Spacebar	start/stop playback
Option click with grabber tool	deletes automation break point
Shift + spacebar	half-speed playback
Command + shift + spacebar	half-speed record
Double click with selector	selects entire region
Triple click with selector	selects entire track
Command + shift + N	new track

Keyboard focus: Edit Window

R/T	expand/contract horizontal res.
B	separate region
F	fade selected area
N	turns timeline insertion follows playback on/off
P or ;	move edit selection up/down
A	trim start to insertion
S	trim end to insertion
D	fade to start
G	fade to end

<center>Other</center>

Control + command	makes plug-in or send inactive
Control + option + command	click on a plug-in parameter and it adds it as automatable
Command + option + control	click on the auto button to enable all plug-in parameters to be automatable
Control + command	click on the same parameter and it displays in the automation playlist for that track
Option + a	sizes the edit window to fit the screen
Single open quote key ` (above Tab)	cycles between edit modes
Esc key	cycles between edit tools
Control + option "+" or "-"	changes grid value
Command + option "+" or "-"	changes nudge value
Command + option 1, 2 or 3	changes Keyboard Focus (Groups, Edit Window, Regions)
Control up/down arrow keys	increase/decrease track height
Command + shift + S	save plug-in settings
Command + shift + C or V	copy/paste plug-in settings
Command + control + left/right	changes track view (with option changes all track views)
Command + D	duplicate selection

<center>Useful for Comping (Pro Tools 8 and above)</center>

Ctrl-Option-V	copy selection to main playlist
Ctrl drag	maintains vertical position when dragging
Ctrl click	to resize individual playlists
Drag line between playlists	resizes all playlists
Command ctrl click	(on playlist selector button) to display all playlists (on/off)
Ctrl option command '1-5'	rate region (from 1-5) region must be selected
Shift S/R/M	with selector on track, solos/arms for record/mutes