

Insert. Skeletal Muscle Relaxants

DRUG NAME	USUAL DOSE (MG)	DURATION OF ACTION (HOURS)	OTHER SIDE EFFECTS	COMMENTS
BACLOFEN	Start 3-5 tid, then increase by 5 mg every 3 days	Highly variable	Dizziness, ataxia, confusion	Usual maintenance dose is 50-60 mg/day divided tid. Not first-line treatment in most cases. Possible severe withdrawal following abrupt cessation, including seizures.
CARISOPRODOL	350 qid	4-6	Dizziness, ataxia, headache, tremor, syncope	Contraindicated for patients with history of acute intermittent porphyria. Possible severe withdrawal following abrupt cessation, including seizures.
CHLORPHENESIN	400 tid-qid	—	Confusion, headache, dizziness	Avoid in patients with hepatic disease. Limit use to eight weeks.
CHLORZOXAZONE	250-750 tid-qid	3-4	Dizziness, paradoxical stimulation	Associated with significant hepatotoxicity in rare instances
CYCLOBENZAPRINE	10 tid	12-24	Primarily anticholinergic; also hypotension and cardiac arrhythmias	Contraindicated with recent MAOI use. Avoid in patients with hyperthyroidism, CHF, history of arrhythmia, glaucoma, urinary retention, history of suicide attempts, or severe depression.
DIAZEPAM	2-10 tid-qid	Highly variable	Dizziness, paradoxical CNS stimulation, cardiopulmonary depression	Not indicated as first-line therapy in acute musculoskeletal injury unless significant anxiety is present. Possible severe withdrawal following abrupt cessation.
METAXALONE	800 tid-qid	2-4	Liver function impairment, rash, dizziness, headache	Contraindicated in patients with history of drug-induced anemia.
METHOCARBAMOL	1000-1500 qid	4-6	Dizziness, headache, rash	Available in parenteral form
ORPHENADRINE	100 bid	8-12	Anticholinergic; headache, dizziness	Antihistamine analog; Avoid in patients with glaucoma and urinary retention. Available in parenteral form. Rarely associated with aplastic anemia.