

CHAPTER 21: DRUGS FOR NEUROMUSCULAR DISORDERS

★ **CENTRALLY ACTING MUSCLE RELAXANTS**

- *CYCLOBENZAPRINE (AMRIX, FLEXERIL)*

★ **DIRECT ACTING ANTIPASMODICS**

- *DANTROLENE SODIUM (DANTRIUM)*
- *NONDEPOLARIZING BLOCKERS*
- *DEPOLARIZING BLOCKERS*

BODY SYSTEMS CONTRIBUTING TO MUSCLE MOVEMENTS

- *NERVOUS, MUSCULAR, ENDOCRINE & SKELETAL SYSTEMS ARE ALL INVOLVED IN MOVEMENT!*
 - *THIS MAKES MOVEMENT DISORDERS VERY DIFFICULT TO TREAT.*
 - *BODY MOVEMENT DEPENDS ON INTACT NEURAL PATHWAYS, PROPER FUNCTIONING OF MUSCLES, BONES, JOINTS WHICH IN TURN DEPEND ON MINERALS IN THE BLOODSTREAM LIKE SODIUM, POTASSIUM & CALCIUM.*

NON-PHARMACOLOGICAL THERAPY TO TREAT MUSCLE SPASMS/SPASTICITY

MUSCLE SPASMS- INVOLUNTARY CONTRACTIONS OF MUSCLE OR GROUP OF MUSCLES. TONIC (SINGLE PROLONGED CONTRACTION) OR CLONIC (MULTIPLE RAPIDLY REPEATING CONTRACTIONS)

SPASTICITY- MUSCLE GROUPS REMAIN IN STATE OF CONTRACTION, USUALLY FROM CNS DAMAGE. MUSCLES BECOME STIFF WITH INCREASED MUSCLE TONE.

- *SIGNS/SYMPTOMS= MILD → SEVERE PAIN; EXAGGERATED DEEP TENDON REFLEXES; MUSCLE SPASMS; SCISSORING (INVOLUNTARY CROSSED LEGS); FIXED JOINTS.*

NON PHARMACOLOGICAL TX FOR SPASTICITY
<i>1. MUSCLE STRENGTHENING TO PREVENT CONTRACTURES</i>
<i>2. MUSCLE GROUP STRENGTHENING EXERCISES</i>
<i>3. REPETITIVE MOTION EXERCISES FOR IMPROVEMENT OF ACCURACY</i>
<i>4. EXTREME CASES SURGERY TO RELEASE TENDONS/ OR SEVER THE NERVE-MUSCLE PATHWAY</i>

NON-PHARMACOLOGICAL TX FOR MUSCLE SPASMS
<i>1. IMMOBILIZATION OF AFFECTED MUSCLE</i>
<i>2. APPLY HEAT OR COLD</i>
<i>3. HYDROTHERAPY</i>
<i>4. THERAPEUTIC ULTRASOUND</i>
<i>5. SUPERVISED EXERCISES</i>
<i>6. MASSAGE</i>
<i>7. MANIPULATION</i>

Chapter 21 Neuromuscular System Disorders

**Joseph G. Chusid, Joseph John
McDonald**



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