



Happy, Healthy Living

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Muscle Relaxants

A muscle relaxant is a drug which affects skeletal muscle function and decreases the muscle tone. It may be used to alleviate symptoms such as muscle spasms, pain, and hyperreflexia. The term "muscle relaxant" is used to refer to two major therapeutic groups: neuromuscular blockers and spasmolytics. Neuromuscular blockers act by interfering with transmission at the neuromuscular end plate and have no activity with the spinal cord or brain (CNS). They are often used during surgical procedures and in intensive care and emergency medicine to cause paralysis. Spasmolytics, also known as "centrally-acting" muscle relaxants, are used to alleviate musculoskeletal pain and spasms and to reduce spasticity in a variety of neurological conditions.

Side Effects of Muscle Relaxants

Blurred vision, dizziness, lightheadedness, drowsiness, fainting, fast heartbeat, hive-like swellings on face, eyelids, mouth, lips and/or tongue, mental depression, shortness of breath, troubled breathing, tightness in the chest and/or wheezing, skin rash, itching, slow heartbeat, stinging or burning of the eyes, stuffy nose, red or bloodshot eyes, abdominal cramps, clumsiness, confusion, constipation, diarrhea, excitement, nervousness, restlessness, irritability, flushing or redness of face, headache, heartburn, hiccups, muscle weakness, nausea, vomiting, pain or peeling of skin, trembling, insomnia, uncontrolled movements of the eyes, blood in urine, bloody or black, tarry stools, convulsions/seizures, cough or hoarseness, irregular breathing, lower back or side pain, muscle

cramps, painful or difficult urination, pain, tenderness, heat, redness, or swelling over a blood vessel/vein in arm or leg, pinpoint red spots on skin, puffiness or swelling on eyelids or around eyes, sores, ulcers, white spots on lips or in mouth, sore throat, fever, swollen glands, unusual bruising or bleeding, unusual tiredness or weakness, vomiting of blood or material that looks like coffee grounds, and yellow eyes or skin.

"You are free to choose, but you are not free to alter the consequences of your decisions."

— Ezra Taft Benson

Chiropractic Vs. Muscle Relaxants

According to the Oklahoma Healthcare Advisory, in 2009 there was **\$10,843,261,761** spent on prescriptions for muscle relaxants in the United States. Wilkey, Gregory, Byfield, and McCarthy (2008) studied randomized clinical trials comparing chiropractic care to medical care in a pain clinic. After 8 weeks of treatment, the raw scores indicated that chiropractic was **457% more effective** than medicine for chronic low back pain.