

Table 14.3 Medications Used to Treat Fibromyalgia

Medication	Indications	Dosing	Side effects affecting rehab	Other side effects or considerations
Anticonvulsant				
Pregabalin (Lyrica)	Fibromyalgia; inhibits voltage-dependent calcium channels.	Start at 75 mg twice/day and increase to 150 mg twice/day in 1 wk; titrate to effective dose of 150-225 mg twice/day.	Cog: ++ S: ++ A: + Motor: +++ D: 0 Com: ++ F: +++	Dizziness, somnolence, dry mouth, edema, blurred vision, weight gain, difficulty with concentration and attention, angioedema, hypersensitivity, peripheral edema.
Selective serotonin and norepinephrine reuptake inhibitor antidepressants				
Duloxetine (Cymbalta)	Fibromyalgia; inhibits serotonin and norepinephrine reuptake.	Start at 30 mg/day for 1 wk and then increase to 60 mg/day.	Cog: + S: 0 A: + Motor: 0 D: ++ Com: 0 F: +	Nausea, dry mouth, constipation, somnolence, hyperhidrosis, decreased appetite, increased suicide risk (children, adolescents, and young adults), hepatotoxicity, orthostasis, serotonin syndrome, neuroleptic malignant syndrome, hypomania, seizures, urinary retention, hyponatremia, altered glucose levels. May interact with CYP1A2 and CYP2D6 inhibitors.
Milnacipran (Savella)	Fibromyalgia; inhibits serotonin and norepinephrine reuptake.	Start at 12.5 mg/day; increase on day 2 to 12.5 mg twice/day, on day 4 to 25 mg twice/day, and after day 7 to 50 mg twice/day. Maximum dose of 100 mg twice/day.	Cog: + S: + A: + Motor: 0 D: ++ Com: + F: +	Nausea, dry mouth, dizziness, hot flushing, constipation, insomnia, hyperhidrosis, vomiting, palpitations, increased heart rate, increased blood pressure, increased suicide risk (children, adolescents, and young adults), hepatotoxicity, orthostasis, serotonin syndrome, neuroleptic malignant syndrome, hypomania, seizures, urinary retention, hyponatremia. Avoid concurrent use of alcohol.

Cog = cognition; S = sedation; A = agitation or mania; Motor = discoordination; D = dysphagia; Com = communication; F = falls.

The likelihood rating scale for encountering the side effects is as follows: 0 = Almost no probability of encountering side effects. + = Little likelihood of encountering side effects. +/++ = Low probability of encountering side effects; however, probability increases with increased dosage. ++ = Medium likelihood of encountering side effects. +++ = High likelihood of encountering side effects, particularly with high doses. ++++ = Highest likelihood of encountering side effects; best to avoid in at-risk patients.