

MUSCLE SPASM TREATMENTS

| Generic | Brand | Strength | Form | Usual Adult Dose |
|---|-------------------|--|-----------------------------------|--|
| α₂-ADRENERGIC AGONIST | | | | |
| tizanidine HCl | Zanaflex | R 4mg 2mg, 4mg, 6mg | scored tabs caps | Usually 4mg, may increase by 2–4mg as needed every 6–8hrs to a max of 3 doses in 24hrs; max 12mg/dose and 36mg/day. <i>Renal impairment (CrCl <25mL/min):</i> Reduce dose. May sprinkle contents of capsules on applesauce (may affect absorption). Tabs and caps not bioequivalent under fed conditions. |
| ANTICHOLINERGIC MUSCLE RELAXANT (CENTRAL) | | | | |
| orphenadrine citrate | Norflex | R 60mg/2mL 100mg | inj ¹ sust-rel tabs | 60mg IM or IV every 12hrs 100mg twice daily in AM and PM |
| ANTICHOLINERGIC MUSCLE RELAXANT (CENTRAL) + SALICYLATE | | | | |
| orphenadrine citrate aspirin caffeine | — | R 25mg 385mg 30mg | tabs | 1–2 tabs 3–4 times daily |
| orphenadrine citrate aspirin caffeine | — | R 50mg 770mg 60mg | scored tabs | ½–1 tab 3–4 times daily; max 4 tabs daily |
| BENZODIAZEPINE | | | | |
| diazepam | — | CIV 5mg/5mL 5mg/mL | soln inj ⁴ | 2–10mg 3–4 times daily. <i>Elderly, debilitated:</i> Initially 2–2.5mg 1–2 times daily; increase gradually. Initially 5–10mg slow IV (5mg/min) or IM. May repeat after 3–4hrs. <i>Tetanus:</i> may need larger dose. Do not use small vein. |
| | Diazepam Intensol | CIV 5mg/mL | concentrated soln ² | 2–10mg 3–4 times daily. <i>Elderly, debilitated:</i> Initially 2–2.5mg 1–2 times daily; increase gradually. Mix with liquid or semi-solid food. |
| | Valium | CIV 2mg, 5mg, 10mg | scored tabs | 2–10mg 3–4 times daily. <i>Elderly, debilitated:</i> Initially 2–2.5mg 1–2 times daily; increase gradually. |
| MUSCLE RELAXANT (CENTRAL) | | | | |
| baclofen | — | R 10mg, 20mg | scored tabs | 5mg 3 times daily; increase in increments of 5mg 3 times daily every 3 days if needed; max 80mg daily |
| | Gablofen | R 50mcg/mL, 500mcg/mL, 1000mcg/mL, 2000mcg/mL | intrathecal inj | See literature. |
| | Lioresal | R 50mcg/mL, 500mcg/mL, 2000mcg/mL | intrathecal inj | See literature. |
| carisoprodol | Soma Soma 250 | CIV 350mg CIV 250mg | tabs tabs | ≥16yrs: 250–350mg 3 times daily and at bedtime; max 2–3wks <16yrs: Not recommended. |
| chlorzoxazone | Parafon Forte DSC | R 500mg | scored caplets | 500mg 4 times daily; max 750mg 4 times daily |
| cyclobenzaprine HCl | Amrix | R 15mg, 30mg | ext-rel caps | 15mg once daily; may increase to 30mg once daily; max 2–3wks. Take at same time each day. <i>Elderly or hepatic impairment:</i> Not recommended. |
| | — | R 5mg, 10mg | tabs | ≥15yrs: Initially 5mg 3 times daily; may increase to 10mg 3 times daily; max 2–3wks. <i>Elderly or hepatic impairment:</i> Initially 5mg, then titrate up. <15yrs: Not established. |
| | Fexmid | R 7.5mg | tabs | ≥15yrs: Initially 5mg 3 times daily; may increase to 7.5mg or 10mg 3 times daily; max 2–3wks. <i>Elderly or hepatic impairment:</i> Consider less frequent dosing. <15yrs: Not recommended. |
| metaxalone | Skelaxin | R 800mg | scored tabs | 800mg 3–4 times daily <12yrs: Not recommended. |
| methocarbamol | Robaxin | R 500mg | tabs | ≥16yrs: Initially 1.5g 4 times daily for 2–3 days; if severe, may give up to 8g/day. <i>Maintenance:</i> 1g 4 times daily. <16yrs: Not recommended. |
| | Robaxin-750 | R 750mg | tabs | ≥16yrs: Initially 1.5g 4 times daily for 2–3 days; if severe, may give up to 8g/day. <i>Maintenance:</i> 750mg every 4hrs or 1.5g 3 times daily. <16yrs: Not recommended. |
| MUSCLE RELAXANT (LOCAL) | | | | |
| dantrolene sodium | Dantrium | R 25mg, 50mg, 100mg | caps | 25mg once daily for 7 days, then 25mg 3 times daily for 7 days, then 50mg 3 times daily for 7 days, then 100mg 3 times daily; max 100mg 4 times daily |
| MUSCLE RELAXANT (CENTRAL) + SALICYLATE | | | | |
| carisoprodol aspirin | — | R 200mg 325mg | tabs | 1–2 tabs 4 times daily |
| MUSCLE RELAXANT (CENTRAL) + SALICYLATE + OPIOID | | | | |
| carisoprodol aspirin codeine phosphate | — | CIII 200mg 325mg 16mg | tabs ¹ | 1–2 tabs 4 times daily |
| NEUROMUSCULAR BLOCKER | | | | |
| incobotulinumtoxin A | Xeomin | R 50U/vial, 100U/vial | IM inj ³ | See literature. |
| onabotulinumtoxin A | Botox | R 50U/vial, 100U/vial, 200U/vial | intradetrusor inj ³ | See literature. |
| rimabotulinumtoxin B | Myobloc | R 2500U/0.5mL, 5000U/1mL, 10000U/2mL | IM inj ³ | See literature. |

NOTES
¹contains sulfites; ²contains alcohol 19%; ³contains human albumin; ⁴contains propylene glycol 40%, ethyl and benzyl alcohol
 Not an inclusive list of medications and/or doses. Please see drug monograph at www.eMPCR.com and/or contact company for full drug labeling. (Rev. 9/2013)