

MUSCLE SPASM TREATMENTS (Part 1 of 2)

Generic	Brand	Strength	Form	Usual Adult Dose
ALPHA₂-ADRENERGIC AGONIST				
tizanidine HCl	Zanaflex	℞ 4mg	scored tabs	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.
		2mg, 4mg, 6mg	caps	
ANTICHOLINERGIC MUSCLE RELAXANT (CENTRAL)				
orphenadrine citrate	—	℞ 100mg	sust-rel tabs	100mg twice daily in AM and PM
		℞ 60mg/2mL	inj ¹	60mg IM or IV every 12hrs
ANTICHOLINERGIC MUSCLE RELAXANT (CENTRAL) + SALICYLATE				
orphenadrine citrate	—	℞ 25mg	tabs	1–2 tabs 3–4 times daily
aspirin		385mg		
caffeine		30mg		
orphenadrine citrate	—	℞ 50mg	scored tabs	½–1 tab 3–4 times daily; max 4 tabs daily
aspirin		770mg		
caffeine		60mg		
BENZODIAZEPINE				
diazepam	—	CIV 5mg/5mL	soln	2–10mg 3–4 times daily. <i>Elderly, debilitated:</i> Initially 2–2.5mg 1–2 times daily; increase gradually.
		5mg/mL	inj ⁴	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	—	℞ 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	℞ 50mcg/mL, 500mcg/mL, 1000mcg/mL, 2000mcg/mL	intrathecal inj	Give test dose 1st by intrathecal inj via spinal catheter or lumbar puncture (use 50mcg/mL syringe). Dose titration: see full labeling. Maintenance: titrate individually; maintain some degree of muscle tone. <i>Spinal cord origin:</i> usually 300–800mcg/day. <i>Cerebral origin:</i> usually 90–703mcg/day.
	Lioresal	℞ 50mcg/mL, 500mcg/mL, 2000mcg/mL		
carisoprodol	Soma	CIV 350mg	tabs	≥16yrs: 250–350mg 3 times daily and at bedtime; max 2–3wks
	Soma 250	CIV 250mg	tabs	<16yrs: Not recommended.
chlorzoxazone	—	℞ 375mg, 750mg+	tabs (+scored)	375mg: 1 tab 3–4 times daily; may increase to 2 tabs (750mg) 3–4 times daily if inadequate response. 750mg: ½ tab (250mg) 3–4 times daily. <i>Painful musculoskeletal conditions:</i> initially ¾ tab (500mg) 3–4 times daily; may increase to 1 tab (750mg) 3–4 times daily if inadequate response. May reduce dose based on improvement.
		℞ 500mg	scored caplets	500mg 4 times daily; max 750mg 4 times daily

(continued)

MUSCLE SPASM TREATMENTS (Part 2 of 2)

Generic	Brand	Strength	Form	Usual Adult Dose
MUSCLE RELAXANT (CENTRAL) (continued)				
cyclobenzaprine HCl	—	Rx 5mg, 10mg, 7.5mg	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.
	Amrix	Rx 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.
metaxalone	Skelaxin	Rx 800mg	scored tabs	800mg 3–4 times daily
methocarbamol	—	Rx 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 established.
	Robaxin-750	Rx 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 established.
MUSCLE RELAXANT (LOCAL)				
dantrolene sodium	Dantrium	Rx 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	—	Rx 200mg	tabs	1–2 tabs 4 times daily
aspirin		325mg		
MUSCLE RELAXANT (CENTRAL) + SALICYLATE + OPIOID				
carisoprodol	—	CIII 200mg	tabs ¹	1–2 tabs 4 times daily
aspirin		325mg		
codeine phosphate		16mg		
NEUROMUSCULAR BLOCKER				
abobotulinumtoxin A	Dysport	Rx 300 U/vial, 500 U/vial	IM inj ³	<i>Spasticity:</i> usual range: 500–1000 Units (upper limb) or 1000–1500 Units (lower limb) divided among selected muscles per treatment session; max 1mL/site. Total max 1500 Units for upper and lower limb combined. May repeat treatment after effect of the previous inj diminishes, but no sooner than 12wks.
incobotulinumtoxin A	Xeomin	Rx 50 U/vial, 100 U/vial, 200 U/vial	IM inj ³	See full labeling. <i>Upper limb spasticity</i> (not previously treated): initially give dose at the low end of dosing range and titrate as needed. Max cumulative dose: 400 Units in a treatment session. May repeat treatments no sooner than every 12wks.
onabotulinumtoxin A	Botox	Rx 50 U/vial, 100 U/vial, 200 U/vial	IM inj ³	<i>Upper limb spasticity:</i> usual range: 75–400 Units divided among selected muscles per treatment session; max 50 Units/site. <i>Lower limb spasticity:</i> 300–400 Units divided among 5 muscles; max 50 Units/site. May repeat treatment after effect of the previous inj diminishes, but no sooner than 12wks.

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.eMPR.com and/or contact company for full drug labeling.

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