

MUSCLE SPASMS†

Generic & Class	Brand & Company	Strength	Formulations*	Usual Adult Dose
α₂-ADRENERGIC AGONIST				
Tizanidine HCl	ZANAFLEX TABLETS (Acorda Therapeutics)	4mg	℞ scored tabs	Initially: usually 4mg, may increase by 2–4mg as needed every 6–8 hrs to a max of 3 doses in 24hrs; max 12mg/dose and 36mg/day. Renal impairment (CrCl <25mL/min): reduce dose.
	ZANAFLEX CAPSULES (Acorda Therapeutics)	2mg, 4mg, 6mg	℞ caps	May sprinkle contents of capsules on applesauce (may affect absorption). Tabs and caps not bioequivalent under fed conditions.
ANTICHOLINERGIC MUSCLE RELAXANT (CENTRAL)				
Orphenadrine citrate	(various)	100mg	℞ sust-rel tabs	100mg twice daily (AM and PM).
	NORFLEX INJECTION (Medicis Pharmaceuticals Corp)	60mg/2mL	℞ inj*	60mg IM or IV every 12 hrs.
ANTICHOLINERGIC MUSCLE RELAXANT (CENTRAL) + SALICYLATE				
Orphenadrine citrate Aspirin Caffeine	(various)	25mg 385mg 30mg	℞ tabs	1–2 tabs 3–4 times daily.
	(various)	50mg 770mg 60mg	℞ scored tabs	½–1 tab 3–4 times daily; max 4 tabs daily.
BENZODIAZEPINE				
Diazepam	 DIAZEPAM ORAL SOLUTION (Roxane)	5mg/5mL	CIV soln	2–10mg 3–4 times daily. Elderly, debilitated: initially 2–2.5mg 1–2 times daily; increase gradually.
	Diazepam injection (various)	5mg/mL	CIV inj ¹	Initially 5–10mg slow IV (5mg/min) or IM. May repeat after 3–4 hours. Tetanus: may need larger dose. Do not use small vein.
	 DIAZEPAM INTENSOL (Roxane)	5mg/mL	CIV concentrated soln**	2–10mg 3–4 times daily. Elderly, debilitated: initially 2–2.5mg 1–2 times daily; increase gradually. Intensol: mix with liquid or semi-solid food.
	 VALIUM (Roche)	2mg, 5mg, 10mg	CIV scored tabs	2–10mg 3–4 times daily. Elderly, debilitated: initially 2–2.5mg 1–2 times daily; increase gradually.
MUSCLE RELAXANT (CENTRAL)				
Cyclobenzaprine HCl	 AMRIX (Cephalon)	15mg, 30mg	℞ ext-rel caps	Take at same time each day. 15mg once daily; may increase to 30mg/day given once daily. Max 2–3 weeks.
Baclofen	(various)	10mg, 20mg	℞ scored tabs	5mg 3 times daily. Increase in increments of 5mg 3 times daily every 3 days if needed; max 80mg daily.
Cyclobenzaprine HCl	 FEXMID (Shionogi)	7.5mg	℞ tabs	≥15yrs: initially 5mg 3 times daily; may increase to 7.5mg or 10mg 3 times daily. Max 2–3 weeks. <15yrs: not recommended.
	(various)	5mg, 10mg	℞ tabs	≥15yrs: initially 5mg 3 times daily; may increase to 10mg 3 times daily. Max 2–3 weeks. <15yrs: not recommended.
Baclofen	 GABLOFEN (CNS Therapeutics)	50mcg/mL, 500mcg/mL, 2000mcg/mL	℞ intrathecal inj	See literature.
Chlorzoxazone	 PARAFON FORTE DSC (Janssen)	500mg	℞ scored caplets	500mg 4 times daily; max 750mg 4 times daily.
Methocarbamol	 ROBAXIN (Actient)	500mg	℞ tabs	≥16yrs: initially 1.5g 4 times daily for 2–3 days; if severe, may give up to 8g/day. Maintenance: 1g 4 times daily. <16yrs: not recommended.
	 ROBAXIN-750 (Actient)	750mg	℞ tabs	≥16yrs: initially 1.5g 4 times daily for 2–3 days; if severe, may give up to 8g/day. Maintenance: 750mg every 4 hours or 1.5g 3 times daily. <16yrs: not recommended.
Metaxalone	 SKELAXIN (King)	800mg	℞ scored tabs	800mg 3–4 times daily. ≤12yrs: not recommended.
Carisoprodol	 SOMA (Meda)	350mg	CIV tabs	≥16yrs: 250mg–350mg 3 times daily and at bedtime. Max 2–3 weeks. <16yrs: not recommended.
	 SOMA 250 (Meda)	250mg	CIV tabs	
MUSCLE RELAXANT (LOCAL)				
Dantrolene sodium	 DANTRIUM (Proctor & Gamble)	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	(various)	200mg 325mg	℞ tabs	1–2 tabs 4 times daily.
MUSCLE RELAXANT (CENTRAL) + SALICYLATE + OPIOID				
Carisoprodol	(various)	200mg 325mg	CIII tabs*	1–2 tabs 4 times daily.
Aspirin		325mg		
Codeine phosphate		16mg		
NEUROMUSCULAR BLOCKER				
Onabotulinumtoxin A	 BOTOX (Allergan)	50units/vial, 100units/vial, 200units/vial	℞ intradetrusor inj***	See literature.
Rimabotulinumtoxin B	 MYOBLOC (Solstice Neurosciences)	2500 Units/0.5mL, 5000 Units/1mL, 10000 Units/2mL	℞ IM inj***	See literature.
IncobotulinumtoxinA	 XEOMIN (Merz Pharmaceuticals)	50 Units/vial, 100 Units/vial	℞ IM inj***	See literature.

NOTES

†caps = capsules; tabs = tablets; ext-rel = extended-release; inj = injection; soln = solution; sust-rel = sustained-release
 *Contains sulfites. **Contains alcohol 19%. ***Contains human albumin. ¹Contains propylene glycol 40%, ethyl and benzyl alcohol.
[†]Not an inclusive list. Please see drug monographs or visit www.eMPR.com.