

# MUSCLE SPASMS†

Generic & Class	Brand & Company	Strength		Formulations†	Usual Adult Dose
<b>α<sub>2</sub>-ADRENERGIC AGONIST</b>					
Tizanidine HCl	<b>ZANAFLEX TABLETS</b> (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. May sprinkle contents of capsules on applesauce (may affect absorption). Tabs and caps not bioequivalent under fed conditions.
	<b>ZANAFLEX CAPSULES</b> (Acorda Therapeutics)	2mg, 4mg, 6mg	℞	caps	
<b>ANTICHOLINERGIC MUSCLE RELAXANT (CENTRAL)</b>					
Orphenadrine citrate	<b>NORFLEX</b> (Medicis Pharmaceuticals Corp)	100mg	℞	sust-rel tabs	100mg twice daily (AM and PM).
	<b>NORFLEX INJECTION</b> (Medicis Pharmaceuticals Corp)	60mg/2mL	℞	inj*	60mg IM or IV every 12 hrs.
<b>ANTICHOLINERGIC MUSCLE RELAXANT (CENTRAL) + SALICYLATE</b>					
Orphenadrine citrate	(various)	25mg	℞	tabs	1–2 tabs 3–4 times daily.
Aspirin		385mg			
Caffeine		30mg			
Orphenadrine citrate	(various)	50mg	℞	scored tabs	½–1 tab 3–4 times daily; max 4 tabs daily.
Aspirin		770mg			
Caffeine		60mg			
<b>BENZODIAZEPINE</b>					
Diazepam	<b>DIAZEPAM ORAL SOLUTION</b> (Roxane)	5mg/5mL	CIV	soln	2–10mg 3–4 times daily. Elderly, debilitated: initially 2–2.5mg 1–2 times daily; increase gradually.
	<b>DIAZEPAM INJECTION</b> (various)	5mg/mL	CIV	inj <sup>1</sup>	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.
	<b>DIAZEPAM INTENSOL</b> (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.
	<b>VALIUM</b> (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.
<b>CHOLINESTERASE INHIBITOR</b>					
Pyridostigmine bromide	<b>MESTINON</b> (Valeant)	60mg	℞	scored tabs	Usually 600mg daily in divided doses.
	<b>MESTINON SYRUP</b> (Valeant)	60mg/5mL	℞	syrup <sup>3</sup>	
	<b>MESTINON TIMESPAN</b> (Valeant)	180mg	℞	sust-rel scored tabs	Usually 1–3 tabs 1–2 times daily.
<b>MUSCLE RELAXANT (CENTRAL)</b>					
Cyclobenzaprine HCl	<b>AMRIX</b> (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	<b>FEKXID</b> (Victory Pharma)	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.
	<b>FLEXERIL</b> (McNeil Consumer & Specialty)	5mg, 10mg	℞	tabs	≥15yrs: initially 5mg 3 times daily; may increase to 10mg 3 times daily. Max 2–3 weeks. <15yrs: not recommended.
Baclofen	<b>GABLOFEN</b> (CNS Therapeutics)	50mcg/mL, 500mcg/mL, 2000mcg/mL	℞	intrathecal inj	See literature.
Chlorzoxazone	<b>PARAFON FORTE DSC</b> (Ortho-McNeil)	500mg	℞	scored caplets	500mg 4 times daily; max 750mg 4 times daily.
Methocarbamol	<b>ROBAXIN</b> (Actient)	500mg	℞	tabs	≥16yrs: initially 1.5g 4 times daily for 2–3 days. Maintenance: 4g daily in divided doses.
	<b>ROBAXIN-750</b> (Actient)	750mg	℞	tabs	<16yrs: not recommended.
Metaxalone	<b>SKELAXIN</b> (King)	800mg	℞	scored tabs	800mg 3–4 times daily. ≤12yrs: not recommended.
Carisoprodol	<b>SOMA</b> (Meda)	350mg	℞	tabs	≥16yrs: 250mg–350mg 3 times daily and at bedtime. Max 2–3 weeks.
	<b>SOMA 250</b> (Meda)	250mg	℞	tabs	<16yrs: not recommended.
<b>MUSCLE RELAXANT (LOCAL)</b>					
Dantrolene sodium	<b>DANTRIUM</b> (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.
<b>MUSCLE RELAXANT (CENTRAL) + SALICYLATE</b>					
Carisoprodol	(various)	200mg	℞	tabs	1–2 tabs 4 times daily.
Aspirin		325mg			
<b>MUSCLE RELAXANT (CENTRAL) + SALICYLATE + OPIOID</b>					
Carisoprodol	(various)	200mg	CIII	tabs*	1–2 tabs 4 times daily.
Aspirin		325mg			
Codeine phosphate		16mg			

## NOTES

†caps = capsules; tabs = tablets; ext-rel = extended-release; inj = injection; soln = solution; sust-rel = sustained-release; amp = ampule

\*Contains sulfites. \*\*Contains alcohol 19%. <sup>4</sup>Contains propylene glycol 40%, ethyl and benzyl alcohol. <sup>3</sup>Contains alcohol 5%.

†Not an inclusive list. Please see drug monographs or visit [www.empr.com](http://www.empr.com).

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