

PRESCRIPTION INFORMATION

Tizanidine, also known as Zanaflex, is a muscle relaxant that works by blocking nerve impulses (pain sensations) sent to the brain, thus temporarily relaxing muscle tone. Its absence of severe side effects causes many to feel it is superior to baclofen (see below). Dosage can be anywhere from 2-10 mg daily. It is one of the best anti-spasmodic options but carries with it potential side effects of dizziness, weakness and constipation.

Tizanidine (Zanaflex)

Sig: 180

Disp: 4 mg tablets or capsules tid (every 8 hours) as needed

Condition: Spasticity/rigidity/clonus/cramping

Quinine Sulfate, also known as Quaaluan, is effective for upper motor neuron symptoms of rigidity and spasticity. It is as effective as an anti-spasmodic medication as Baclofen minus the negative side effects. Compounding pharmacies can provide it in 324 mg capsules that are taken 1-2 times per day. However, as with other options, it's important to be aware that a negative side effect may occur.

Compounded Quinine Sulfate

324 mg Capsules without fillers

Sig: One capsule by mouth every night at bedtime

Condition: Spasticity and sleep

Baclofen, also known as Gablofen, relieves spasticity by relaxing the body's muscles. However, baclofen dosing must be closely monitored to avoid limb and torso weakness, which can occur if too high a dose is prescribed. Withdrawal from baclofen must also be carefully monitored to avoid the potential of hallucinations, insomnia or nausea.

The following dosage titration schedule is suggested:

5 mg t.i.d. for 3 days

10 mg t.i.d. for 3 days

15 mg t.i.d. for 3 days

20 mg t.i.d. for 3 days

Thereafter additional increases may be necessary but the total daily dose should not exceed a maximum of 80 mg daily (20 mg q.i.d.).