

Zanaflex Dose Titration Schedule:

Days 1-3				Evening	2 mg		
Days 4-6				Evening	4 mg		
Days 7-10	Morning	2 mg		Evening	4 mg		
Days 11-14	Morning	2 mg	Afternoon	2 mg	Evening	4 mg	
Days 15-18	Morning	4 mg	Afternoon	2 mg	Evening	4 mg	
Days 19-21	Morning	4 mg	Afternoon	4 mg	Evening	4 mg	
Days 22-25	Morning	4 mg	Afternoon	4 mg	Evening	6 mg	
Days 26-28	Morning	4 mg	Afternoon	6 mg	Evening	6 mg	
Days 29-30	Morning	4 mg	Afternoon	6 mg	Evening	8 mg	
Days 31-32	Morning	6 mg	Afternoon	6 mg	Evening	8 mg	
Days 33-34	Morning	8 mg	Afternoon	6 mg	Evening	8 mg	
Days 35 & onward	Morning	8 mg	Afternoon	8 mg	Evening	8 mg	8 mg