

# Colorado ALTO Project

## Pain Pathways by Indication



### Headache/Migraine

**Immediate/First-Line Therapy:**  
1 L 0.9% NS + high-flow oxygen  
Ketorolac 15 mg IV  
Metoclopramide 10 mg IV  
Dexamethasone 8 mg IV  
Trigger point injection with lidocaine 1%

**Alternative Options:**  
APAP 1000 mg PO + ibuprofen 600 mg PO  
Sumatriptan 6 mg SC  
Promethazine 12.5 mg IV OR prochlorperazine 10 mg IV  
Haloperidol 5 mg IV  
Magnesium 1 g IV  
Valproic acid 500 mg IV  
Propofol 10-20 mg IV bolus every 10 min

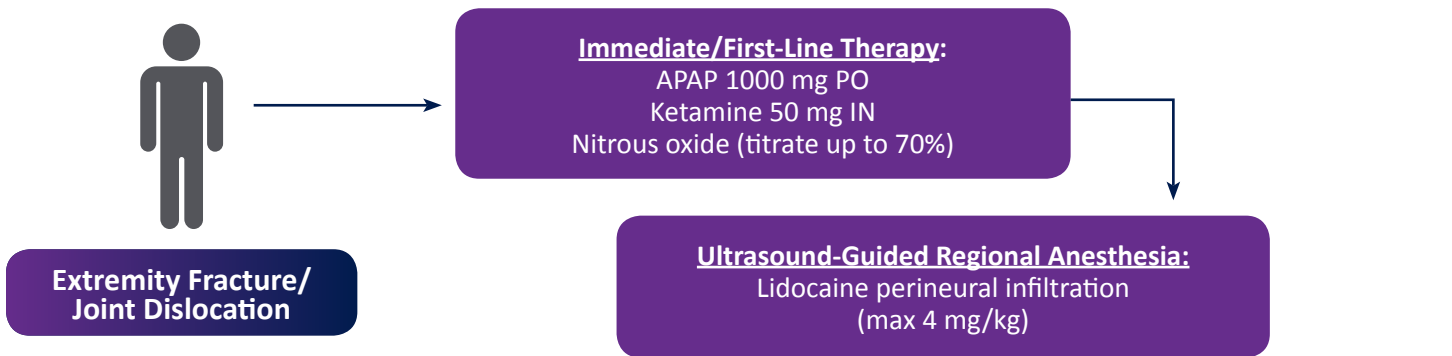
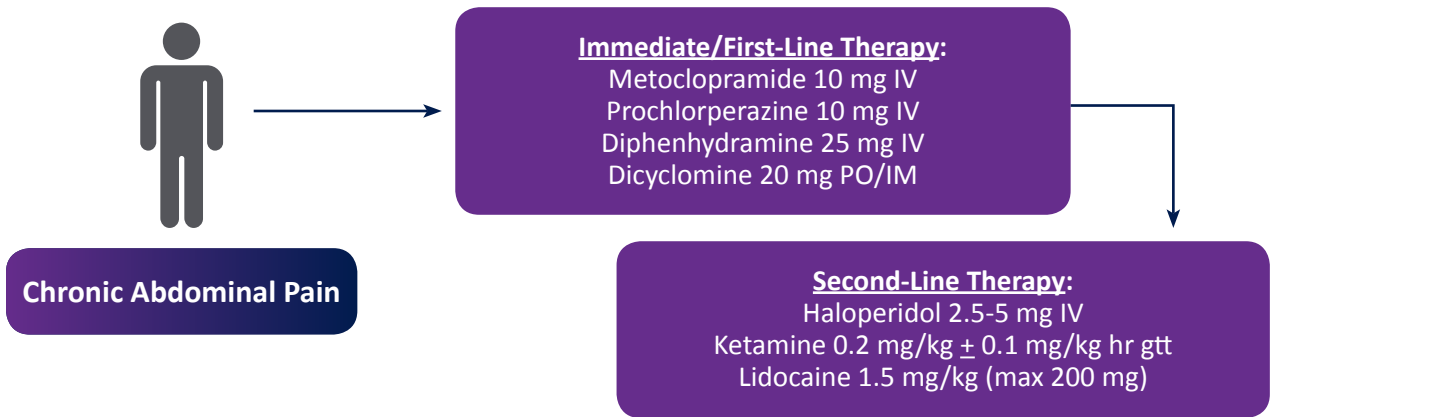
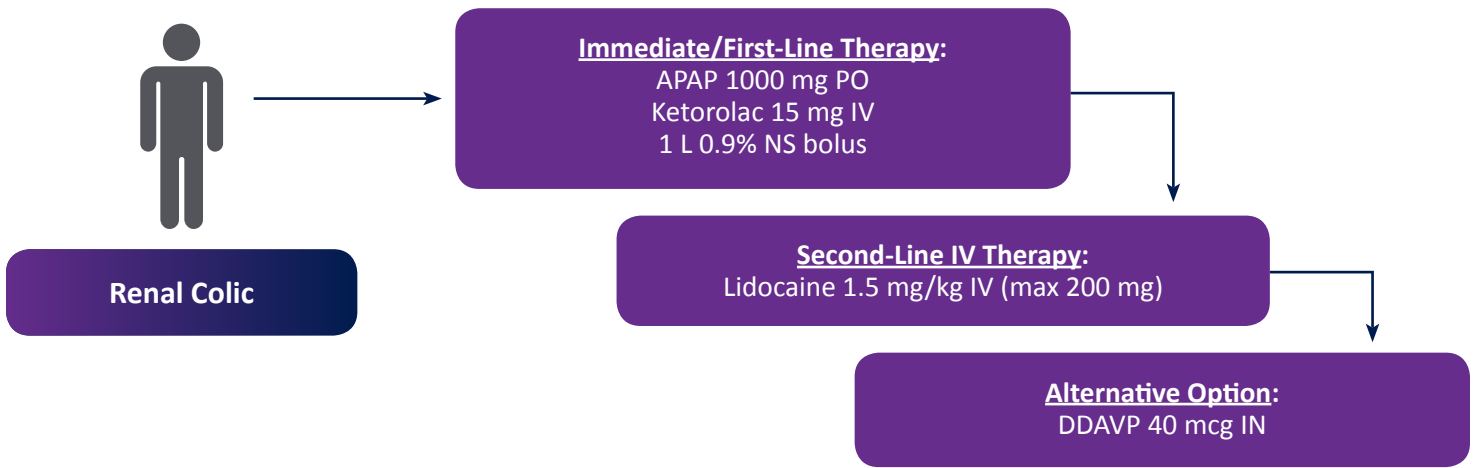
**If Tension Component:**  
Cyclobenzaprine 5 mg OR diazepam 5 mg PO/IV  
Lidoderm transdermal patch



### Musculoskeletal Pain

**Non-IV Therapies:**  
APAP 1000 mg PO + ibuprofen 600 mg PO  
Cyclobenzaprine 5 mg PO OR diazepam 5 mg PO  
Gabapentin 300 mg PO  
Lidoderm patch (max 3 patches)  
Ketamine 50 mg IN  
Trigger point injections with lidocaine 1%

**IV Therapy Options:**  
Ketamine 0.2 mg/kg IV  $\pm$  0.1 mg/kg/hr gtt  
Ketorolac 15 mg IV  
Dexamethasone 8 mg IV  
Diazepam 5 mg IV



*These treatment pathways are not intended to and should not replace clinician judgement or clinical expertise. They are a guide to possible treatment options that maybe considered, in the context of a patient's clinical condition and comorbidities, for the treatment of patients in pain.*