

Case Number:	CM13-0055376		
Date Assigned:	04/11/2014	Date of Injury:	03/04/2003
Decision Date:	12/10/2014	UR Denial Date:	10/16/2013
Priority:	Standard	Application Received:	11/19/2013

HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to an expert reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The expert reviewer is Board Certified in Physical Medicine and Rehabilitation and is licensed to practice in California. He/she has been in active clinical practice for more than five years and is currently working at least 24 hours a week in active practice. The expert reviewer was selected based on his/her clinical experience, education, background, and expertise in the same or similar specialties that evaluate and/or treat the medical condition and disputed items/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

This 53-year-old Bus Driver sustained an injury to the left shoulder and lumbar spine on 3/4/2003 after assisting a student into his chair when the student became agitated and pulled on the patient's left shoulder during employment by [REDACTED]. Request(s) under consideration include Prescription for Cyclobenzaprine #30. Diagnoses include Lumbago. Diagnoses include right shoulder impingement syndrome; left frozen shoulder s/p left arthroscopy with SAD, AC joint resection, and partial synovectomy; cervical strain/radiculopathy; and lumbar strain. Conservative care has included medications, therapy, TENS unit, and modified activities/rest. Report of 9/13/13 from the provider noted the patient with ongoing chronic neck and low back pain, not improved with associated numbness in the digits and C6 nerve distribution of right hand; right shoulder continues with pain. Findings also noted paracervical muscle spasm with tenderness; and lumbar muscle spasm. Report of 10/30/13 from the provider noted the patient with ongoing chronic symptoms in the lower back and neck waiting for right shoulder surgery. Exam showed unchanged tenderness of cervical and lumbar spine with limited range in joint and spine; 5/5 motor strength in upper extremities with DTRs 2+; lumbar spine with normal gait and 5/5 motor, DTRs 2+; positive Neer's/ Hawkin's testing on right with 4/5 rotator strength. Diagnoses included right shoulder impingement syndrome s/p left shoulder arthroscopy; cervical strain; and lumbar strain. Treatment included medication refills. The request(s) for Prescription for Cyclobenzaprine #30 was non-certified on 10/16/13 citing guidelines criteria and lack of medical necessity.

IMR ISSUES, DECISIONS AND RATIONALES

The Final Determination was based on decisions for the disputed items/services set forth below:

Prescription for Cyclobenzaprine #30: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants Page(s): 128.

Decision rationale: The Guidelines do not recommend long-term use of this muscle relaxant for this chronic injury of 2003. Additionally, the efficacy in clinical trials has been inconsistent and most studies are small and of short duration. These medications may be useful for chronic musculoskeletal pain, but there are no long-term studies of their effectiveness or safety. Submitted reports have not adequately demonstrated the indication or medical need for this treatment and there is no report of significant clinical findings, acute flare-up or new injury to support for its long-term use. There is no report of functional improvement resulting from its previous treatment to support further use as the patient remains unchanged. The Prescription for Cyclobenzaprine #30 is not medically necessary and appropriate.