

Case Number:	CM14-0128787		
Date Assigned:	08/15/2014	Date of Injury:	01/31/2007
Decision Date:	11/14/2014	UR Denial Date:	08/05/2014
Priority:	Standard	Application Received:	08/12/2014

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 Alabama and Maryland. 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 is a 31 year old male who sustained an industrial injury on Jan 31st, 2007. He was injured while moving trays from the top stock on IL-2 and felt pain in the right leg and lower back. Patient is diagnosed with lumbar DDD and myofascial pain. Exam revealed a radicular pain and positive facet loading bilaterally. Pain is persistent despite conservative therapy. Medications are continued without change.

IMR ISSUES, DECISIONS AND RATIONALES

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

Cyclobenzaprine 7.5 mg count #90: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxant Page(s): 63-66.

Decision rationale: The CA MTUS guidelines recommend the use of Cyclobenzaprine, a muscle relaxant, primarily for short-term management of spasticity and myofascial pain syndrome of acute flare-ups of back pain. The efficacy of muscle relaxant medications appears to diminish over time, and prolong use of some medications in this class may lead to dependence. The side effects include drowsiness, dizziness, dry mouth, hypotension, weakness, as well as

hepatotoxicity. Patient complained of chronic symptoms that worsened despite the current medication regimen. Therefore, due to adverse side effects and reduced efficacy of chronic intake of this medication, the request is not medically necessary.