

<b>Case Number:</b>	CM14-0159440		
<b>Date Assigned:</b>	10/03/2014	<b>Date of Injury:</b>	11/28/2010
<b>Decision Date:</b>	10/29/2014	<b>UR Denial Date:</b>	09/22/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/29/2014

### 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 Pain Management 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:

The injured worker is a 69 year old male with a date of injury on 11/28/2010. He is diagnosed with (a) lumbar strain, (b) lumbar radiculitis, (c) lumbar disc herniation, (d) left shoulder sprain, (e) cervical sprain, (f) history of prostate cancer with metastasis, (g) status post radiation therapy, (h) anxiety/stress, (i) depression, (j) insomnia, and (k) weight loss. He was seen for an evaluation on August 25, 2014. He had complaints of low back pain, numbness sensation in the arms, and numbness, burning, and pulsating sensations over the right and left shoulders. He reported that the medication was what mostly helped with both shoulders and neck area, bringing down the pain to a more bearable level so that he can do his activities. An examination of the cervical spine revealed a well-preserved cervical posture with no splinting. There was slight stiffness noted over the cervical paravertebrals and trapezius. An examination of the left shoulder revealed painful range of motion. Neer's and Hawkin's tests were positive. An examination of the lumbosacral spine revealed tenderness over the lower lumbosacral musculature. Range of motion was painful at the extreme range. Straight leg raising test was positive bilaterally.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Flexeril 7.5mg, #30:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Antispasmodics Page(s): 64.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Cyclobenzaprine (Flexeril) Page(s): 41.

**Decision rationale:** The request for Flexeril 7.5mg, #30 is not medically necessary at this time. It has been determined from the medical records that the injured worker has been taking Flexeril since February 2014. This medication is recommended only as an option for a short course of therapy. Hence, continued use of Flexeril 7.5mg, #30 is not in accordance with the guidelines.

**Menthoderm Gel 240gm:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics; Salicylate topicals Page(s): 105, 111.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical analgesics and Salicylate topicals Page(s): 105, 111.

**Decision rationale:** The request for Mentoderm gel 240gm is not medically necessary at this time. Guidelines stipulated that any compounded product that contains at least one drug that is not recommended is not recommended. While this topical analgesic contains methyl salicylate, which is recommended as a topical agent, it also constitutes menthol, which is not addressed by the guidelines. Hence, the prescription of Mentoderm gel 240gm is not recommended at this time.