

Case Number:	CM14-0179326		
Date Assigned:	11/03/2014	Date of Injury:	06/27/2008
Decision Date:	12/11/2014	UR Denial Date:	09/26/2014
Priority:	Standard	Application Received:	10/28/2014

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, has a subspecialty in Interventional Spine 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 patient is a 54 year old female with an injury date on 06/27/2008. Based on the 09/19/2014 progress report provided by [REDACTED] the diagnoses are: 1. Cervical disc displacement without myelopathy; 2. Cervical Spondylosis without myelopathy; 3. Spasm of muscle; 4. Postlaminectomy syndrome of cervical region; 5. Osteoarthritis not otherwise specified unspecified site; 6. Pain in joint of shoulder; 7. Lumbosacral spondylosis without myelopathy; 8. Cervical disc degeneration; 9. Cervicalgia; 10. Pain in limb; 11. Sleep disturbance not otherwise specified; 12. Encounter for long-term use of other medications. According to this report, the patient complains of "neck and upper extremity pain and diffuse low back pain." Physical exam reveals soft tissue dysfunction and spasm in the cervical paraspinal, trapezius and lumbar paraspinal region. "Deep palpation result in distal radiation of the pain. They exhibit a globally and regional reduced range of motion." There were no other significant findings noted on this report. The utilization review denied the request on 09/19/2014. [REDACTED] is the requesting provider and he provided treatment reports from 04/07/2014 to 09/19/2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Cyclobenzaprine 7.5mg #90 x 2 refills: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxants for Pain Page(s): 63-64.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants (for pain) Page(s): 63-64.

Decision rationale: According to the 09/19/2014 report by [REDACTED], this patient presents with "neck and upper extremity pain and diffuse low back pain." The treating physician is requesting Cyclobenzaprine 7.5mg #90 x 2 refills. For muscle relaxants for pain, the MTUS Guidelines page 63 state "Recommended non-sedating muscle relaxants with caution as a second line option for short term treatment of acute exacerbation in patients with chronic LBP. Muscle relaxants may be effective in reducing pain and muscle tension and increasing mobility; however, in most LBP cases, they showed no benefit beyond NSAIDs and pain and overall improvement." A short course of muscle relaxant may be warranted for patient's reduction of pain and muscle spasms. Review of available records indicates this patient has been prescribed this medication longer than the recommended 2-3 weeks. The treating physician is requesting Cyclobenzaprine #90 with 2 refills and this medication was first noted in the 04/07/2014 report. Cyclobenzaprine is not recommended for long term use. The treating physician does not mention that this is for short-term use. Therefore, recommendation is that the request is not medically necessary.