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| <b>Case Number:</b>   | CM14-0044751 |                              |            |
| <b>Date Assigned:</b> | 07/07/2014   | <b>Date of Injury:</b>       | 10/22/1993 |
| <b>Decision Date:</b> | 08/22/2014   | <b>UR Denial Date:</b>       | 03/27/2014 |
| <b>Priority:</b>      | Standard     | <b>Application Received:</b> | 04/11/2014 |

### 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 & Rehabilitation and is licensed to practice in Arizona. 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 75-year-old gentleman who sustained an injury to his back many years ago on 10/22/93. He has been left with chronic back pain and received medications including opiates and Soma 350. He is also being considered a candidate for spinal cord stimulator. The treating pain management physician has requested continued use of Soma 350mg every 6 hours as needed (q.6 pm) for muscle spasms. The medical reviewer on 3/27/2014 after reviewing the records did not certify chronic use of Soma 350 per guidelines.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Soma 350mg:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Soma Page(s): 29.

**Decision rationale:** Per the MTUS Chronic Pain Medical Treatment Guidelines, page 29, "Muscle relaxants such as Soma 350mg are indicated for short-term use to treat skeletal muscle spasms. It is not a drug that should be used for long-term management. It is now considered a scheduled drug in several states. Addiction potential is high. Side effects such as depression,

drowsiness and cognitive dysfunction also increase with chronic use." Therefore, the request for Soma 350mg is not medically necessary.