

<b>Case Number:</b>	CM14-0055351		
<b>Date Assigned:</b>	07/07/2014	<b>Date of Injury:</b>	06/08/2009
<b>Decision Date:</b>	10/01/2014	<b>UR Denial Date:</b>	03/21/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	04/24/2014

### 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 Anesthesiology, has a subspecialty 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:

After careful review of the medical records, this is a 62 year old female with complaints of neck pain and spasms. The date of injury is 7/9/09 and the mechanism of injury is not elicited. At the time of request for Flexeril 10mg #60, there is subjective (neck pain) and objective (crepitation, muscle guarding, pain cervical musculature, neurological exam normal) findings, imaging findings (cervical spine plain films shows osteophytes C2,C3,C4 above the fusion, solid arthrodesis), diagnoses (cervical spine spondylosis), and treatment to date (surgery, radiological exam surveillance, medications). Muscle relaxants can be beneficial for acute muscle spasm and limited to 2 weeks of treatment. Muscle relaxants are not recommended for chronic use.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Flexeril 10mg #60, 0 refills:** Upheld

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

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

**Decision rationale:** The Expert Reviewer based his/her decision on the MTUS Chronic Pain Medical Treatment Guidelines, Muscle Relaxants, page 63-64. The Expert Reviewer's decision

rationale:Per MTUS-Chronic Pain Medical Treatment Guidelines, "muscle relaxants can be beneficial for acute muscle spasm and limited to 2 weeks of treatment. Muscle relaxants are not recommended for chronic use." Unfortunately, the documentation supplied does not support the requested treatment. Therefore, this drug is not medically necessary.