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| <b>Case Number:</b>   | CM14-0081101 |                              |            |
| <b>Date Assigned:</b> | 07/18/2014   | <b>Date of Injury:</b>       | 08/12/2012 |
| <b>Decision Date:</b> | 09/17/2014   | <b>UR Denial Date:</b>       | 05/05/2014 |
| <b>Priority:</b>      | Standard     | <b>Application Received:</b> | 06/02/2014 |

### 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 Preventive Medicine 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:

According to the records made available for review, this is a 57-year-old male with an 8/12/12 date of injury. At the time (5/5/14) of the Decision for Flur/cyclo/caps/LID 10%, 2% 0.0125% 1% LIQ QTY 120, there is documentation of subjective (continued pain in the lumbar spine; symptoms in the bilateral shoulders, bilateral elbows, bilateral knees, and bilateral feet/ankles) and objective (tenderness over bilateral shoulders, bilateral elbows, and bilateral feet/ankles; lumbar spine tenderness with pain on terminal motion) findings, current diagnoses (upper extremity overuse syndrome, retained symptomatic lumbar spine hardware, left knee medial meniscus tear with degenerative joint disease, and bilateral plantar fasciitis), and treatment to date (medications).

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Flur/cyclo/caps/LID 10%, 2% 0.0125% 1% LIQ QTY 120:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesic.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111-113.

**Decision rationale:** MTUS Chronic Pain Medical Treatment Guidelines identifies that many agents are compounded as monotherapy or in combination for pain control; that ketoprofen, lidocaine (in creams, lotion or gels), capsaicin in a 0.0375% formulation, baclofen and other muscle relaxants, and gabapentin and other antiepilepsy drugs are not recommended for topical applications; and that any compounded product that contains at least one drug (or drug class) that is not recommended, is not recommended. Within the medical information available for review, there is documentation of diagnoses of upper extremity overuse syndrome, retained symptomatic lumbar spine hardware, left knee medial meniscus tear with degenerative joint disease, and bilateral plantar fasciitis. However, the requested Flur/cyclo/caps/LID 10%, 2% 0.0125% 1% LIQ QTY 120 contains at least one drug (cyclobenzaprine) that is not recommended. Therefore, based on guidelines and a review of the evidence, the request for Flur/cyclo/caps/LID 10%, 2% 0.0125% 1% LIQ QTY 120 is not medically necessary.