

<b>Case Number:</b>	CM14-0081476		
<b>Date Assigned:</b>	07/18/2014	<b>Date of Injury:</b>	05/23/2013
<b>Decision Date:</b>	12/31/2014	<b>UR Denial Date:</b>	05/09/2014
<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 Physical Medicine and Rehabilitation 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:

This 45 year-old patient sustained an injury on 5/23/13 while employed by [REDACTED]. Request(s) under consideration include Topical Compound Fluro/Baclofen/Cyclo/Gaba/lido #360 with 2 refills. Diagnoses include s/p bilateral medial patellofemoral ligament reconstruction using hamstring allograft of right knee on 11/1/13; left knee on 3/7/14 with continued left patellofemoral joint pain. Report from the provider noted the patient with continued symptom complaints. Exam showed left knee range of motion of 0-90 degrees; tenderness and weakness of quadriceps; ambulates with crutches. Medications list Norco and topical compound. The request(s) for Topical Compound Fluro/Baclofen/Cyclo/Gaba/lido #360 with 2 refills was non-certified on 5/9/14 citing guidelines criteria and lack of medical necessity.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Fluro/Baclofen/Cyclo/Gaba/lido #360 with 2 refills:** Upheld

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

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

**Decision rationale:** This 45 year-old patient sustained an injury on 5/23/13 while employed by [REDACTED]. Request(s) under consideration include Topical Compound Fluro/Baclofen/Cyclo/Gaba/lido #360 with 2 refills. Diagnoses include s/p bilateral medial patellofemoral ligament reconstruction using hamstring allograft of right knee on 11/1/13; left knee on 3/7/14 with continued left patellofemoral joint pain. Report from the provider noted the patient with continued symptom complaints. Exam showed left knee range of motion of 0-90 degrees; tenderness and weakness of quadriceps; ambulates with crutches. Medications list Norco and topical compound. The request(s) for topical compound Fluro/Baclofen/Cyclo/Gaba/lido #360 with 2 refills was non-certified on 5/9/14. Per MTUS Chronic Pain Guidelines, the efficacy in clinical trials for topical analgesic treatment modality has been inconsistent and most studies are small and of short duration. These medications may be useful for chronic musculoskeletal pain, but there are no long-term studies of their effectiveness or safety. There is little evidence to utilize topical compound analgesic over oral NSAIDs or other pain relievers for a patient with spinal and multiple joint pains without contraindication in taking oral medications. Submitted reports have not adequately demonstrated the indication or medical need for this topical analgesic for this chronic injury of 2013 without documented functional improvement from treatment already rendered. The Topical Compound Fluro/Baclofen/Cyclo/Gaba/lido #360 with 2 refills is not medically necessary and appropriate.