

<b>Case Number:</b>	CM14-0105538		
<b>Date Assigned:</b>	09/16/2014	<b>Date of Injury:</b>	05/10/2004
<b>Decision Date:</b>	07/14/2015	<b>UR Denial Date:</b>	06/25/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/08/2014

### 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. 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/Service. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

The Expert Reviewer has the following credentials:

State(s) of Licensure: North Carolina

Certification(s)/Specialty: Family Practice

### 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 injured worker is a 67 year old male patient who sustained an industrial injury on 05/10/2004. A follow up note dated 09/25/2012 reported the patient with subjective complaint of knee, leg and back pains. The pain is rated a 7-8 out of 10 in intensity and he also has difficulty sleeping. Current medications are: Norco 10/325mg, Zanaflex, and ASA. Objective findings showed a moderate effusion and warmth of the right knee. There is palpable involuntary guarding along the upper lumbar paraspinals bilaterally. There is tenderness to palpation over the sacroiliac joint as well as the medial joint line of bilateral knees. The following diagnoses are applied: strains and sprains of lumbar region; internal derangement of knee; chondromalacia patellae, knee bursitis; localized osteoarthritis of lower leg. He was prescribed: Biofreeze, Voltaren, Norco, Zanaflex and Lidoderm. Opana was discontinued. The physician is recommending orthotics. The patient continues utilizing a transcutaneous nerve stimulator unit and also had good benefit from physical therapy session. A follow up therapy visit dated 04/21/2014 reported subjective complaint of having right knee pain. The treating diagnoses are: internal derangement of knee; knee bursitis, and strains and sprains of lumbar region.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Zanaflex 4mg, #60 with 3 refills: Upheld**

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxants.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines muscle relaxants Page(s): 63-65.

**Decision rationale:** The California chronic pain medical treatment guidelines section on muscle relaxants states: Recommend non-sedating muscle relaxants with caution as a second-line option for short-term treatment of acute exacerbations in patients with chronic LBP. (Chou, 2007) (Mens, 2005) (Van Tulder, 1998) (Van Tulder, 2003) (Van Tulder, 2006) (Schnitzer, 2004) (See, 2008) Muscle relaxants may be effective in reducing pain and muscle tension, and increasing mobility. However, in most LBP cases, they show no benefit beyond NSAIDs in pain and overall improvement. Also there is no additional benefit shown in combination with NSAIDs. Efficacy appears to diminish over time, and prolonged use of some medications in this class may lead to dependence. (Homik, 2004) (Chou, 2004) This medication is not intended for long-term use per the California MTUS. The medication has not been prescribed for the flare-up of chronic low back pain. This is not an approved use for the medication. For these reasons, criteria for the use of this medication have not been met. Therefore the request is not medically necessary.