

Case Number:	CM14-0192201		
Date Assigned:	12/09/2014	Date of Injury:	10/20/2000
Decision Date:	01/15/2015	UR Denial Date:	11/11/2014
Priority:	Standard	Application Received:	11/17/2014

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 Family Medicine and is licensed to practice in New York. 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:

The injured worker is a 43 year-old male who injured his cervical spine, left shoulder, thoracic spine, lumbar spine, and right hip on 10/20/00. He was using a jackhammer when the foundation collapsed, pulling him down with the weight of the jackhammer. He fell forward and jerked to the right, hitting a wall with his face. He felt pain in his back, left side of his body, and tingling of the right side of the body. He was diagnosed with possible cervical disc protrusions, neck pain, temporomandibular joint dysfunction, thoracic spine pain, multiple thoracic disc protrusions seen on a 2003 magnetic resonance imaging (MRI), anterior rib pain, low back pain, degenerative disc disease of the lumbar spine, and protrusion at L5-S1. A 9/2011 magnetic resonance imaging (MRI) of the lumbar spine showed multilevel degenerative changes and facet synovitis. A 3/2012 left shoulder MRI showed teres minor muscle atrophy and anterior inferior labral tear. He had three steroid injections which did not decrease pain. In 5/2013, he had arthroscopic distal clavicle excision, arthroscopic debridement of partial thickness rotator cuff and labral tears and tear of the glenohumeral joint and also subacromial decompression. He complains of cervical, thoracic, lumbar, right hip pain. He had decreased range of motion of the cervical and lumbar spine and right hip. He had decreased range of motion with his shoulder with improved pain. He underwent physical therapy and will perform a home exercise program. He had a steroid injection of his shoulder with some improvement. His medications included gabapentin which made him dizzy, Omeprazole, Lyrica, Ibuprofen caused stomach pain and bleeding in his stool. He was unable to tolerate Ultram and muscle relaxers due to blood in stool as per an ER note. He was noted to be unable to tolerate Norco and Vicodin due to his sensitive stomach. The current request is for Methoderm which has helped him with pain.

IMR ISSUES, DECISIONS AND RATIONALES

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

Menthoderm Cream 120gms: Overturned

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical Medications- Menthoderm cream.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics, Salicylates Page(s): 111-113, 104.

Decision rationale: The request for Menthoderm (menthol, methyl salicylate) is medically necessary. Methyl salicylate may be useful for chronic pain. However, there are no guidelines for the use of menthol with the patient's spine, hip and shoulder complaints. Topical analgesics are used when patient is unable to tolerate oral medications. Ibuprofen caused stomach pain and bleeding in his stool. He was unable to tolerate Ultram and muscle relaxers due to blood in stool as per a ER note. He was noted to be unable to tolerate Norco and Vicodin due to his sensitive stomach. He has used Menthoderm which has helped somewhat with the pain. Therefore, the request is considered medically necessary.