

<b>Case Number:</b>	CM14-0205953		
<b>Date Assigned:</b>	01/07/2015	<b>Date of Injury:</b>	01/10/2007
<b>Decision Date:</b>	02/28/2015	<b>UR Denial Date:</b>	11/13/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/09/2014

### 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: California

Certification(s)/Specialty: Physical Medicine & Rehabilitation, Pain Management

### 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 is a patient with a date of injury of 1/10/07. A utilization review determination dated 11/13/14 recommended non-certification for the requested Cyclobenzaprine 7.5mg #60-2 prescriptions stating that the patient has been prescribed Cyclobenzaprine since 2013, well beyond guideline recommendations. A progress report dated 10/10/14 indicates that the patient presents with lumbar back pain at a 6-7/10 with right lower extremity cramping for the past 2 weeks. Objective findings indicated tenderness to palpation of the lumbar area with PSM spasm. Diagnoses include lumbar strain/sprain and lumbar radiculopathy. Treatment plan indicates patient is to continue home exercise plan, continue heat therapy, dispense Flexeril and Gabapentin, biofreezeX2, also indicates patient may benefit from CMTX4 visits due to lower extremity cramping.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Retrospective request for 2 prescriptions of Cyclobenzaprine 7.5mg #60: Upheld**

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 63-66.

**Decision rationale:** Regarding the request for cyclobenzaprine (Flexeril), Chronic Pain Medical Treatment Guidelines support the use of non-sedating muscle relaxants to be used with caution as a 2nd line option for the short-term treatment of acute exacerbations of pain. Guidelines go on to state that cyclobenzaprine specifically is recommended for a short course of therapy. Within the documentation available for review, there is no identification of a specific analgesic benefit or objective functional improvement as a result of the cyclobenzaprine. Additionally, it does not appear that this medication is being prescribed for the short-term treatment of an acute exacerbation, as recommended by guidelines. In the absence of such documentation, the currently requested cyclobenzaprine (Flexeril) is not medically necessary.