

<b>Case Number:</b>	CM15-0135213		
<b>Date Assigned:</b>	07/23/2015	<b>Date of Injury:</b>	04/05/2011
<b>Decision Date:</b>	08/19/2015	<b>UR Denial Date:</b>	07/02/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/13/2015

### 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 57-year-old female, who sustained an industrial injury on April 5, 2011. She reported an injury to her spine after a fall. Treatment to date has included MRI of the lumbar spine, MRI of the cervical spine, EMG of the bilateral lower extremities, chiropractic therapy, surgical consultation, left sacroiliac joint injection, orthotics, TENS unit, physical therapy, functional capacity evaluation, bilateral lumbar facet joint injection, home exercise program and medications. Currently, the injured worker complains of neck and low back pain. She reports radiation of pain to the bilateral lower extremities. She reports significant spasms in the low back and notes that she had an episode of spasm and pain during sleep. On physical examination, the injured worker exhibits an antalgic gait. She has normal muscle tone in the bilateral lower extremities. The diagnoses associated with the request include cervical disc displacement without myelopathy and lumbar disc displacement without myelopathy. The treatment plan includes continuation of Cyclobenzaprine-Flexeril at bedtime as needed.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Retro (DOS: 6.4.15) Cyclobenzaprine-Flexeril 7.5mg #90ms, take 1 tab bedtime #90:**  
 Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants (for pain). Decision based on Non-MTUS Citation Official Disability Guidelines, Pain Procedure Summary.

**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. In addition, 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.