

<b>Case Number:</b>	CM15-0139911		
<b>Date Assigned:</b>	07/29/2015	<b>Date of Injury:</b>	09/01/2011
<b>Decision Date:</b>	09/01/2015	<b>UR Denial Date:</b>	06/19/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/20/2015

### 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: California  
 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 46 year old male patient who sustained an industrial injury on September 01, 2011. The injured worker was employed as a transportation engineer. The accident was described as while working as a job site he fell and sustained an injury to the left shoulder and upper extremity. At a follow up visit dated February 24, 2014 the assessment found the patient with industrial injury to the left shoulder; electric diagnostic nerve conduction study performed on July 25, 2012 with negative results; status post left shoulder arthroscopy on March 01, 2013 noted with grade IV glenohumeral arthritis with chondral defects of the glenoid along with the humeral head. The physician is recommending a Kenalog injection be administered to the glenohumeral joint. In addition, he reports taking Tramadol 50mg one tablet daily. He is to continue with home stretches and exercises. The patient will continue with unrestricted work duty. The patient noted deemed as permanent and stationary at a follow up dated May 19, 2014. He did undergo the administration of a Kenalog injection that was very beneficial for him. He reports continued residual achiness, stiffness and pain.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Monovisc injection- under fluoroscopic guidance for left shoulder Qty: 1.00: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG).

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Shoulder Chapter.

**Decision rationale:** According to the Official Disability Guideline's shoulder chapter, Hyaluronic acid injections are not recommended, based on recent research in the shoulder, Given that current research does not support viscosupplementation for the shoulder, this request is not supported. The request for Monovisc injection- under fluoroscopic guidance for left shoulder Qty: 1.00 is not medically necessary and appropriate.

**Tramadol 50mg Qty: 50.00:** Overturned

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 93-94, 113.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids Page(s): 74-96.

**Decision rationale:** According to the MTUS guidelines, Tramadol is a synthetic opioid and is an emerging fourth class of opiate analgesic that may be used to treat chronic pain. The MTUS guidelines state that small class of synthetic opioids exhibits opioid activity and a mechanism of action that inhibits the reuptake of serotonin and norepinephrine. Central analgesics drugs such as Tramadol (Ultram) are reported to be effective in managing neuropathic pain. The maximum dosing of Tramadol is 400 mg/day. The MTUS guidelines also note that opioids may be continued if there has been improvement in pain and function. In this case, the medical records note that the injured worker is working unrestricted duty. The injured worker is taking Tramadol 50 mg one tablet daily. There is no evidence of diversion or abuse. The request for Tramadol 50mg Qty: 50.00 is medically necessary and appropriate.