

Case Number:	CM15-0143229		
Date Assigned:	08/04/2015	Date of Injury:	12/18/2014
Decision Date:	09/01/2015	UR Denial Date:	07/21/2015
Priority:	Standard	Application Received:	07/23/2015

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: Massachusetts

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:

The injured worker is a 29 year old male who sustained an industrial injury on 12-18-2014. He fell onto a ledge into the water injuring the right wrist, left knee, and right ankle. He has reported pain in the low back, right hand, left knee, right ankle, right shoulder, and cracked right rear molar and has been diagnosed with lower back pain, shoulder injury, ankle sprain, knee injury, and wrist injury fracture. Treatment has included medications, medical imaging, injection, surgery, and TENS. There was mild right lower molar fracture and tenderness. There was right shoulder tenderness. Range of motion was 90 degrees flexion and abduction. There was mild tenderness laterally with normal range of motion. The right wrist was tender both medially and laterally with decreased range of motion. There was tenderness to the right ankle. The treatment plan included physical therapy, chiropractic care, TENS, therapeutic ultrasound of the low back and shoulder, and Lidopro cream. The treatment request included Lidopro cream.

IMR ISSUES, DECISIONS AND RATIONALES

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

Retrospective Lidopro cream 121 gm #1 for DOS 7/13/15: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111-112.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines (1) Medications for chronic pain, (2) Topical Analgesics Page(s): 60, 111-113.

Decision rationale: The claimant sustained a work injury in December 2014 as the result of a fall. He underwent left knee surgery in April 2015 and had a release of the distal iliotibial band. When seen, there had been no real change. Pain was rated at 5/10. He was having low back, right hand, left knee, right ankle, and right shoulder pain. He has a right ankle lateral malleolar fracture and injuries also included eight nondisplaced right radial styloid fracture and scaphoid fracture. Physical examination findings included tenderness with decreased range of motion. He had decreased and painful handgrip strength. Physical therapy and chiropractic treatments were requested. He was to continue using a tens unit. Norco was refilled and Lidopro cream was prescribed. Lidopro (capsaicin, lidocaine, menthol and methyl salicylate ointment) is a compounded topical medication. Menthol and methyl salicylate are used as a topical analgesic in over the counter medications such as Ben-Gay or Icy Hot. They work by first cooling the skin then warming it up, providing a topical anesthetic and analgesic effect which may be due to interference with transmission of pain signals through nerves. MTUS addresses the use of capsaicin which is recommended as an option in patients who have not responded or are intolerant to other treatments. Additionally, methyl salicylate metabolizes into salicylates, including salicylic acid, a non-steroidal anti-inflammatory medication. Guidelines recommend that when prescribing medications only one medication should be given at a time. By prescribing a multiple combination medication, in addition to the increased risk of adverse side effects, it would not be possible to determine whether any derived benefit is due to a particular component. In this case, there are other single component topical treatments that could be considered. Lidopro was not medically necessary.