

Case Number:	CM15-0143738		
Date Assigned:	08/05/2015	Date of Injury:	01/05/2010
Decision Date:	09/22/2015	UR Denial Date:	07/10/2015
Priority:	Standard	Application Received:	07/24/2015

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: Iowa, Illinois, Hawaii

Certification(s)/Specialty: Preventive Medicine, Occupational Medicine, Public Health & General Preventive Medicine

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 58-year-old male, who sustained an industrial injury on January 5, 2010. The mechanism of injury was not provided in the medical records. The injured worker has been treated for neck, back and shoulder complaints. The diagnoses have included lumbar disc syndrome, lumbar radiculopathy, lumbar spondylosis, cervical cranial syndrome, cervical disc syndrome, right shoulder impingement and situational depression with anxiety. Documented treatment and evaluation to date has included medications and psychology treatments. Work status was not indicated in the medical records. Current documentation dated June 23, 2015 notes that the injured worker reported low back pain, which had stabilized and returned to baseline, following an exacerbation on April 19, 2015. The injured workers medications were noted to control his pain, which allowed the injured worker to be very active and functional. The injured worker was able to walk further and had a better outlook on life. The injured worker also noted that exercising cause's intermittent muscle spasms for which he takes Flexeril as needed. Examination of the cervical spine revealed tenderness and spasms over the paraspinal muscles, especially on the right. Range of motion was noted to be decreased. Lumbar spine examination revealed taut muscle bands and the absence of muscle spasms. Forward flexion had improved to 45 degrees and backwards bending was at 25 degrees. A straight leg raise test was negative. The treating physician's plan of care included a request for Flexeril 7.5 mg # 40 for acute spasms.

IMR ISSUES, DECISIONS AND RATIONALES

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

Flexeril 7.5mg, 1 tablet by mouth, 3 times a day for treatment of acute spasms, quantity: #40, refill: unspecified: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Cyclobenzaprine, Medications for chronic pain, Antispasmodics Page(s): 41-42, 60-61, 64-66. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain, Cyclobenzaprine (Flexeril®) and Other Medical Treatment Guidelines UpToDate, Flexeril.

Decision rationale: MTUS Chronic Pain Medical Treatment states for Cyclobenzaprine, "Recommended as an option, using a short course of therapy. . . The effect is greatest in the first 4 days of treatment, suggesting that shorter courses may be better. (Browning, 2001) Treatment should be brief." "The medication is not recommended to be used for longer than 2-3 weeks". The medical documents indicate that patient is far in excess of the initial treatment window and period. Additionally, MTUS outlines that "Relief of pain with the use of medications is generally temporary, and measures of the lasting benefit from this modality should include evaluating the effect of pain relief in relationship to improvements in function and increased activity. Before prescribing any medication for pain the following should occur: (1) determine the aim of use of the medication; (2) determine the potential benefits and adverse effects; (3) determine the patient's preference. Only one medication should be given at a time, and interventions that are active and passive should remain unchanged at the time of the medication change. A trial should be given for each individual medication. Analgesic medications should show effects within 1 to 3 days, and the analgesic effect of antidepressants should occur within 1 week. A record of pain and function with the medication should be recorded. (Mens, 2005)" Uptodate "flexeril" also recommends "Do not use longer than 2-3 weeks". Medical documents do not fully detail the components outlined in the guidelines above and do not establish the need for long term/chronic usage of cyclobenzaprine. ODG states regarding cyclobenzaprine, "Recommended as an option, using a short course of therapy . . . The addition of cyclobenzaprine to other agents is not recommended". As such, the request for Flexeril 7.5mg #60 is not medically necessary.