

Case Number:	CM15-0147688		
Date Assigned:	08/11/2015	Date of Injury:	08/26/2013
Decision Date:	09/14/2015	UR Denial Date:	07/20/2015
Priority:	Standard	Application Received:	07/30/2015

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: Arizona, Michigan

Certification(s)/Specialty: Preventive Medicine, Occupational 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 53 year old male, who sustained an industrial injury on 8-26-2013. The current diagnosis is cervical radiculitis. According to the progress report dated 7-8-2015, the injured worker complains of neck pain. On a subjective pain scale, he rates his pain 8 out of 10 with medications and 10 out of 10 without. The physical examination of the cervical spine reveals restricted and painful range of motion. There is hypertonicity, tenderness, and trigger point (a twitch response was obtained along with radiating pain on palpation) is noted over the paraspinal muscles bilaterally. Spurling's maneuver causes pain in the muscles of the neck radiating to his upper extremity. Trigger point with radiating pain and twitch response on palpation in the right cervical paraspinal muscles, right trapezius muscle, and right supraspinatus muscle. The current medications are Ibuprofen, Baclofen, Norco, Lexapro, and Trazadone. There is documentation of ongoing treatment with Baclofen since at least 2-18-2015. Treatment to date has included medication management, MRI studies, and electrodiagnostic testing. Work status is described as modified duty. A request for Baclofen has been submitted.

IMR ISSUES, DECISIONS AND RATIONALES

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

Baclofen tab 10 mg Qty 60 with 1 refill, take 1, twice daily, as needed for spasms:
Overturned

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants (for pain).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants (for pain) Page(s): 63-64.

Decision rationale: Per CA MTUS Chronic Pain Medical Treatment Guidelines, Baclofen is recommended orally for the treatment of spasticity and muscle spasm related to multiple sclerosis and spinal cord injuries. In addition, the guidelines recommend muscle relaxants be used as an option, using a short course of therapy. Limited, mixed-evidence does not allow for a recommendation for chronic use. The effect is greatest in the first 4 days of treatment, suggesting that shorter courses may be better. (Browning, 2001) Treatment should be brief. Furthermore, 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. Also there is no additional benefit shown in combination with NSAIDs. In this case, the physical examination of the cervical spine reveals restricted and painful range of motion. There is hypertonicity, tenderness, and trigger point (a twitch response was obtained along with radiating pain on palpation) is noted over the paraspinal muscles bilaterally. Spurling's maneuver causes pain in the muscles of the neck radiating to his upper extremity. Trigger point with radiating pain and twitch response on palpation in the right cervical paraspinal muscles, right trapezius muscle, and right supraspinatus muscle, based on his clinical presentation the continued use of baclofen appears appropriate, therefore the request for Baclofen tab 10 mg Qty 60 with 1 refill, take 1, twice daily, as needed for spasms is medically necessary.