

Case Number:	CM15-0165416		
Date Assigned:	09/02/2015	Date of Injury:	08/01/2011
Decision Date:	10/06/2015	UR Denial Date:	08/05/2015
Priority:	Standard	Application Received:	08/24/2015

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: 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 55 year old male, who sustained an industrial injury on 8-01-2011. Diagnoses include cervical-trapezial musculoligamentous sprain-strain with left upper extremity radiculitis, right shoulder sprain-strain and impingement status post repair on 7-13-2013, status post left shoulder arthroscopy with subacromial decompression and Mumford procedure on 1-15-2014 with previous arthroscopy on 8-29-2012, and SLAP tear and adhesive capsulitis per diagnostic ultrasound dated 3-11-2015. Treatment to date has included surgical intervention of the left shoulder, as well as conservative treatment including diagnostics, home exercise and medication management. Current medications include Fexmid and Norco. Per the Primary Treating Physician's Progress Report dated 7-08-2015, the injured worker reported increased symptoms and pain in the left shoulder. He also reports increased pain in the right shoulder due to using his right shoulder more. Physical examination of the left shoulder revealed tenderness to palpation over the subacromial region, acromioclavicular joint, supraspinatus tendon and parascapular region. There was active tenderness to palpation with twitch response in the parascapular, levator scapulae and upper trapezius muscles. There was a positive impingement sign. The plan of care included medication management and home exercises and authorization was requested for Norco 10-325mg #90, Fexmid 7.5mg #60 and a urine drug screen.

IMR ISSUES, DECISIONS AND RATIONALES

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

Fexmid 7.5mg tablets qty: 60: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscles relaxants (for pain) Page(s): 64-66.

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. Also 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.