

Case Number:	CM15-0028171		
Date Assigned:	02/20/2015	Date of Injury:	08/26/2013
Decision Date:	04/23/2015	UR Denial Date:	02/03/2015
Priority:	Standard	Application Received:	02/13/2015

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: Texas, Florida

Certification(s)/Specialty: Anesthesiology, 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 52 year old male patient, who sustained an industrial injury on 08/26/2013. A primary treating office visit dated 02/20/2015 reported subjective complaint of neck pain that is rated as an 8/10 with medications and a 10 /10 in intensity without use of medications. His quality of sleep is poor and his activity level remained the same. Patient is here to discuss case status and the need for medications. Of note, earlier this week his pain was severe and he was not prescribed medications due to him not being able to leave a urine sample. The following medications are currently prescribed: Ibuprofen 600mg, Baclofen 10mg and Norco 10/325mg. The patient has undergone magnetic resonance imaging of the cervical spine. Physical examination found the paravertebral muscles with hypertonicity, tenderness and trigger point, bilaterally. Spurling's maneuver caused pain in the muscles of the neck radiating to the upper extremities. There was trigger point with radiating pain and twitch response on palpation at cervical paraspinal muscles on the right trapezius muscle right supraspinatous muscle on right. on sensory examination, light touch sensation is decreased over medial forearm on the right. He is diagnosed with cervical radiculitis. The patient was to leave a urine sample for the clinic visit. The recommendation of referral to an orthopedic spine surgeon evaluating cervical spine, pending electric nerve conduction study, pain management consultation and consider interventional procedures such as cervical epidural steroid injection and trigger point injections. Of note, the patient has completed 3 of 6 physical therapy sessions and stated he does not wish to continue. A Utilization Review determination was rendered recommending non certification for trigger point injections, cervical paraspinal muscles.

IMR ISSUES, DECISIONS AND RATIONALES

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

Trigger point injection, cervical paraspinal muscles: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Trigger point injections.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines 9792.24.2 Page(s): 122. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain Chapter Neck and Upper Back.

Decision rationale: The CA MTUS and the ODG guidelines recommend that trigger point injections can be utilized for the treatment of tender taut muscle bands when conservative treatments with medications and PT have failed. The records indicate that the patient had subjective, objective and radiological findings consistent with cervical radiculopathy. The patient was referred for nerve conduction studies and evaluations for cervical epidural steroid injections. The evaluation and treatment plan is still pending. The patient was noted to be non compliant with PT treatments. The criteria for trigger point injection cervical paraspinal muscles was not met. Therefore, the request is not medically necessary.