

<b>Case Number:</b>	CM15-0061362		
<b>Date Assigned:</b>	04/07/2015	<b>Date of Injury:</b>	12/10/2013
<b>Decision Date:</b>	05/07/2015	<b>UR Denial Date:</b>	03/26/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	04/01/2015

### 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: New York, Pennsylvania, Washington  
 Certification(s)/Specialty: Internal Medicine, Geriatric 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 45 year old female who sustained a work related injury December 10, 2013. According to a physician's progress report, dated February 23, 2015, the injured worker presented with complaints of low back and neck pain. There is pain on palpation over the cervical and lumbar paraspinal muscles. Diagnoses are lumbago and cervicalgia. Treatment plan included refill of Lidoderm patches. The injured worker asks the physician to take over her Tylenol #3 prescription, which he will not. Instead, he requests Methocarbamol and Nabumetone, to be taken twice a day as needed for pain.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Methacarbamol 500mg, #60, for pain related Cervical/Lumbar spine injury:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxant.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines 9792.20 - 9792.26 Page(s): 63-66.

**Decision rationale:** This injured worker has chronic pain with an injury sustained in 2012. The medical course has included numerous treatment modalities and use of several medications including narcotics, NSAIDs and muscle relaxants. Per the guidelines, non-sedating muscle relaxants are recommended for use with caution as a second-line option for short-term treatment of acute exacerbation in patients with chronic low back pain. Efficacy appears to diminish over time and prolonged use can lead to dependence. The MD visit fails to document any goals for improvement in pain, functional status or a discussion of side effects specifically related to methacarbamol to justify use. Methacarbamol is not medically necessary.

**Nabumetone 500mg, #60, for pain related Cervical/Lumbar spine injury:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines 9792.20 - 9792.26 Page(s): 66-73.

**Decision rationale:** This injured worker has chronic pain with an injury sustained in 2013. The medical course has included numerous diagnostic and treatment modalities including use of several medications including narcotics and topical analgesics. Per the guidelines, in chronic low back pain, NSAIDs are recommended as an option for short-term symptomatic relief. Likewise, for the treatment of long-term neuropathic pain, there is inconsistent evidence to support efficacy of NSAIDs. The medical records fail to document any improvement in pain or functional status or a discussion of side effects specifically related to NSAIDS to justify use. Nabumetone is not medically necessary.