

Case Number:	CM14-0118629		
Date Assigned:	08/06/2014	Date of Injury:	02/26/2003
Decision Date:	10/07/2014	UR Denial Date:	07/01/2014
Priority:	Standard	Application Received:	07/29/2014

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. The expert reviewer is Board Certified in Physical Medicine & Rehabilitation and is licensed to practice in Nevada. 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/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

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 records presented for review indicate that this 57 year-old female was reportedly injured on 2/26/2003. The mechanism of injury is listed as falling backwards, catching and smashing her hand between two metal poles. The most recent progress note, dated 7/14/2014, indicates that there are ongoing complaints of neck and right shoulder pain. The physical examination demonstrated. Cervical spine: positive tenderness to palpation of the cervical paraspinal muscles, right trapezius muscle spasm noted. Right shoulder abduction 100. No recent diagnostic studies are available for review. Previous treatment includes previous surgery, medications, and conservative treatment. A request had been made for cyclobenzaprine 7.5 mg #90, paraffin Bath for shoulder joint pain, and was not certified in the pre-authorization process on 7/1/2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Cyclobenzaprine 7.5 mg #90: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG): Forearm, Wrist, and Hand (Acute and Chronic)

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants: Page(s): 41, 64.

Decision rationale: The records presented for review indicate that this 57 year-old female was reportedly injured on 2/26/2003. The mechanism of injury is listed as falling backwards, catching and smashing her hand between two metal poles. The most recent progress note, dated 7/14/2014, indicates that there are ongoing complaints of neck and right shoulder pain. The physical examination demonstrated. Cervical spine: positive tenderness to palpation of the cervical paraspinal muscles, right trapezius muscle spasm noted. Right shoulder abduction 100. No recent diagnostic studies are available for review. Previous treatment includes previous surgery, medications, and conservative treatment. A request had been made for cyclobenzaprine 7.5 mg #90, paraffin Bath for shoulder joint pain, and was not certified in the pre-authorization process on 7/1/2014. Therefore the request is not medically necessary.

Paraffin Bath for Shoulder Joint Pain: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG): Forearm, Wrist, and Hand (Acute and Chronic)

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Forearm, Wrist, and Hand. (Acute and Chronic). Paraffin Wax Baths. Updated 8/8/2014.

Decision rationale: ODG guidelines recommend paraffin wax baths as an option for arthritic hands if used as an adjunct to a program of evidence-based conservative care (exercise). According to a Cochrane review, paraffin wax baths combined with exercises can be recommended for beneficial short-term effects for arthritic hands. After review the medical records provided the treating physician has recommended this treatment modality for the shoulder, therefore this request is deemed not medically necessary according to guidelines listed above.