

<b>Case Number:</b>	CM14-0123167		
<b>Date Assigned:</b>	09/16/2014	<b>Date of Injury:</b>	01/27/2012
<b>Decision Date:</b>	10/16/2014	<b>UR Denial Date:</b>	07/09/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	08/04/2014

### 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 Geriatrics, and is licensed to practice in New York. 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 treater presents with pain rated 6.5/10 and stiffness in the "lumbosacral spine radiating to the bilateral extremities." The treater requests for : Right SI joint injection. ODG guidelines state SI joint injections are recommended as an option if failed at least 4-6 weeks of aggressive conservative therapy. The treaters note in the reports provided that since before 03/06/14 the patient has undergone a course of conservative therapy including medications, TENS, and heat and ice application and home exercise. No physical therapy was noted. No NSAIDs were noted as recommended in ODG; however, the patient is post gastric bypass surgery which has limited oral medications in the past. ODG further states that, " The history and physical should suggest the diagnosis (with documentation of at least 3 positive exam findings as listed.." "Diagnosis: Specific tests for motion palpation and pain provocation have been described for SI joint dysfunction: Cranial Shear Test; Extension Test; Flamingo Test; Fortin Finger Test; Gaenslen's Test; Gillet's Test (One Legged-Stork Test); Patrick's Test (FABER); Pelvic Compression Test; Pelvic Distraction Test; Pelvic Rock Test; Resisted Abduction Test (REAB); Sacroiliac Shear Test; Standing Flexion Test; Seated Flexion Test; Thigh Thrust Test (POSH)." The reports provided do not document 3 positive exam findings as stated above. Furthermore, the treater appears to be concerned about the patient's radicular symptoms which is not consistent with SI joint syndrome. Recommendation is for denial.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Retrospective request for Amitr 10%/ Dextrometh 10%/ Gaba 10%,Flur 20%/ Tram 20%/ Cyclo 4% DOS: 4/21/14 and 5/21/14: Upheld**

**Claims Administrator guideline:** Decision based on MTUS ACOEM Page(s): Pages: 111-113. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG): Web Edition

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines 9792.20 - 9792.26, Page(s): 111-112.

**Decision rationale:** Topical analgesics are largely experimental with few randomized trials to determine efficacy or safety. Any compounded product that contains at least one drug or drug class that is not recommended is not recommended. There is little evidence to utilize topical NSAIDs for treatment of osteoarthritis of the spine, hip or shoulder and there is no evidence to support its use in neuropathic pain. Regarding the topical compounded medication in this injured worker, the records do not document efficacy or side effects. Also, given that the medication is not supported or recommended, the medical necessity of Amitr 10%/ Dextrometh 10%/ Gaba 10%,Flur 20%/ Tram 20%/ Cyclo 4% DOS: 4/21/14 and 5/21/14 is not substantiated.