

<b>Case Number:</b>	CM14-0166209		
<b>Date Assigned:</b>	10/13/2014	<b>Date of Injury:</b>	12/24/1998
<b>Decision Date:</b>	11/13/2014	<b>UR Denial Date:</b>	09/10/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/08/2014

### 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 Preventive Medicine, has a subspecialty in Occupational Medicine and is licensed to practice in Texas. 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 injured worker is a 74 year old female who was injured at worker on 12/24/1998. During a doctor visit on 08/18/2014, she complained of worsening pain in her bilateral shoulders, the left worse than the right due to a slip and fall on the left shoulder. Physical examination was unremarkable but for healed surgical scar on the anterior aspect of the right shoulder, tenderness of the anterior aspect of the left shoulder, normal range of movement of both shoulders, She has been diagnosed of right shoulder glenohumeral arthritis; right shoulder rotator cuff tear, status post repair x2; Lumbar stenosis; Status post MRSA right shoulder; Left shoulder rotator cuff tear. Her treatments have included Neurontin 600mg; Norco 10/325; Robaxin 500mg; Gabapentin 600mg. At dispute are the requests for Neurontin 600mg; Unknown prescription of Flexeril.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Neurontin 600mg:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Antiepilepsy drugs (AEDs) Page(s): 16-22.

**Decision rationale:** The medical records do not indicate a medical necessity for the continued use of Neurontin. The MTUS does not recommend the continued use of the anticonvulsants without documentation of at least 30% improvement in neuropathic pain. Rather the MTUS recommends that after initiation of anticonvulsants for treatment of neuropathic pain there should be documentation of pain relief and improvement in function as well as documentation of side effects. Since none of the above was documented, the requested treatment is not medically necessary.

**Unknown prescription of Flexeril:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Cyclobenzaprine (Flexeril); Muscle relaxants (for pain) Page(s): 41,63-64. Decision based on Non-MTUS Citation Epocrates Online

**Decision rationale:** The medical records do not indicate a medical necessity for Unknown prescription of Flexeril. The MTUS recommends the non-sedating muscle relaxants with caution as a second-line option for short-term treatment of acute exacerbations in patients with chronic low back pain; although they are also used for the short term in the treatment of musculoskeletal conditions. Flexeril (Cyclobenzaprine) has its greatest effect in the first 4 days of treatment; it is recommended it should not be used beyond three weeks. The requested treatment is not medically necessary since there is lack of information on dosage and quantity.