

<b>Case Number:</b>	CM15-0013280		
<b>Date Assigned:</b>	01/30/2015	<b>Date of Injury:</b>	09/13/2005
<b>Decision Date:</b>	03/23/2015	<b>UR Denial Date:</b>	12/24/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/22/2015

### 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: Utah, Arkansas  
 Certification(s)/Specialty: Family Practice

### 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 59 year old male, who sustained an industrial injury on 09/13/2005. The diagnoses have included cervical discogenic disease status post anterior posterior repair and right knee total arthroplasty and joint disease. Treatments to date have included surgeries and medications. Diagnostics to date have included cervical spine x-rays on 10/29/2012 which showed extensive postoperative and other degenerative changes and thoracic spine x-rays on 10/29/2012 which showed generalized osteopenia with old appearing compression deformities at T8 and T11 with previous vertebroplasty at T11 and L1. In a progress note dated 11/17/2014, the injured worker presented with complaints of neck pain and numbness in his fingers and forearm. The treating physician reported the injured worker is stable on his medications and does well and not seeking any other therapy at this time. Utilization Review determination on 12/24/2014 non-certified the request for Cyclobenzaprine #60 and Methocarbamol 750mg #90 citing Chronic Pain Medical Treatment Guidelines.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Cyclobenzaprine 10mg #60:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxants. Guidelines, page(s) 41-42, 63-66.

**Decision rationale:** MTUS guidelines state the following: Cyclobenzaprine is indicated for as an option for use in short course of therapy. Efficacy is greatest in the first four days of treatment with this medication. MTUS states that treatment course should be brief. According to the clinical documents, the Cyclobenzaprine requested is not being used for short term therapy. According to the clinical documentation provided and current MTUS guidelines; Cyclobenzaprine is not indicated a medical necessity to the patient at this time.

**Methocarbamol 750mg #90:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxants (for Pain).

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxants. Guidelines, page(s) 41-42, 63-66.

**Decision rationale:** MTUS guidelines state the following: Methocarbamol is indicated for as an option for use in short course of therapy. Efficacy is greatest in the first four days of treatment with this medication. MTUS states that treatment course should be brief. According to the clinical documents, the Methocarbamol requested is not being used for short term therapy. According to the clinical documentation provided and current MTUS guidelines; Methocarbamol is not indicated a medical necessity to the patient at this time.