

Case Number:	CM15-0111811		
Date Assigned:	06/18/2015	Date of Injury:	01/06/1988
Decision Date:	07/16/2015	UR Denial Date:	05/11/2015
Priority:	Standard	Application Received:	06/09/2015

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 Jersey, Alabama, California
 Certification(s)/Specialty: Neurology, Neuromuscular 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:

This 65 year old female sustained an industrial injury to the low back on 1/6/88. Documentation did not disclose recent magnetic resonance imaging. Recent treatment included medications and trigger point injections. In a progress note dated 1/13/15, the physician noted that the injured worker was having a pain flare-up with pain rated 9-10/10 on the visual analog scale. The physician stated that the injured worker's pain control was currently poor. The physician increased the frequency of Butrans patch, continued Fioricet and Soma, resumed Amrix and administered trigger point injections. In a progress note dated 2/26/15, the injured worker complained of pain 7-8/10 to the neck and low back. The physician noted that the injured worker was flared. The injured worker also complained of constipation. Physical exam was remarkable for cervical spine with tightness and trigger points, lumbar spine with trigger points and myofascial restrictions and positive bilateral straight leg raise. Current diagnoses included chronic pain syndrome, chronic discogenic pain syndrome and myofascial syndrome. The injured worker received trigger point injections during the office visit. The treatment plan included continuing Klonopin, Tramadol, Zolpidem and Butrans and adding Miralax.

IMR ISSUES, DECISIONS AND RATIONALES

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

Retrospective (DOS: 2.26.15) trigger point injection, lumbar spine: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 123.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Trigger point injections Page(s): 122.

Decision rationale: According to MTUS guidelines, trigger point injection is "recommended only for myofascial pain syndrome as indicated below, with limited lasting value. Not recommended for radicular pain. Trigger point injections with an anesthetic such as bupivacaine are recommended for non-resolving trigger points, but the addition of a corticosteroid is not generally recommended. Not recommended for radicular pain. A trigger point is a discrete focal tenderness located in a palpable taut band of skeletal muscle, which produces a local twitch in response to stimulus to the band. Trigger points may be present in up to 33-50% of the adult population. Myofascial pain syndrome is a regional painful muscle condition with a direct relationship between a specific trigger point and its associated pain region. These injections may occasionally be necessary to maintain function in those with myofascial problems when myofascial trigger points are present on examination. Not recommended for typical back pain or neck pain. (Graff-Radford, 2004) (Nelemans-Cochrane, 2002) For fibromyalgia syndrome, trigger point injections have not been proven effective. (Goldenberg, 2004)""Trigger point injections with a local anesthetic may be recommended for the treatment of chronic low back or neck pain with myofascial pain syndrome when all of the following criteria are met: (1) Documentation of circumscribed trigger points with evidence upon palpation of a twitch response as well as referred pain; (2) Symptoms have persisted for more than three months; (3) Medical management therapies such as ongoing stretching exercises, physical therapy, NSAIDs and muscle relaxants have failed to control pain; (4) Radiculopathy is not present (by exam, imaging, or neuro-testing); (5) Not more than 3-4 injections per session; (6) No repeat injections unless a greater than 50% pain relief is obtained for six weeks after an injection and there is documented evidence of functional improvement; (7) Frequency should not be at an interval less than two months; (8) Trigger point injections with any substance (e.g., saline or glucose) other than local anesthetic with or without steroid are not recommended."There is no clear evidence of myofascial pain and trigger points over the lumbar spine. There is no clear evidence that the patient has a significant response to previous use of trigger point injections There is no documentation of failure of oral medications or physical therapy in this case. Therefore, the request for Retrospective (DOS: 2.26.15) trigger point injection, lumbar spine is not medically necessary.