

Case Number:	CM15-0121012		
Date Assigned:	07/01/2015	Date of Injury:	03/03/2004
Decision Date:	07/30/2015	UR Denial Date:	06/11/2015
Priority:	Standard	Application Received:	06/23/2015

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:

The injured worker is a 46 year old female who sustained an industrial injury on 3/3/04. Progress note dated 5/8/15 reports continued complaints of daily neck pain, rated 3-4/10 with medication and 7/10 without medication. Her pain level has decreased moderately since her last visit. Left arm parathesia has diminished greatly on gabapentin. Diagnoses include: cervical spondylosis without myelopathy, lumbar disc displacement without myelopathy, lumbago and thoracic or lumbosacral neuritis or radiculitis not otherwise specified. Plan of care includes: continue medication management; refill Norco, naprosyn, Flexeril, Prilosec and Neurontin. Medication effects and precautions reviewed. Work status: work restriction - no lifting greater than 20 lbs, no pushing or pulling, no prolonged overhead reaching. Follow up in 4-6 weeks.

IMR ISSUES, DECISIONS AND RATIONALES

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

Flexeril 5 MG #30: 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 Page(s): 63.

Decision rationale: According to MTUS guidelines, Flexeril a non sedating muscle relaxants is recommended with caution as a second line option for short term treatment of acute exacerbations in patients with chronic spasm and pain. Efficacy appears to diminish over time and prolonged use may cause dependence. The patient in this case does not have clear recent evidence of spasm and the prolonged use of Flexeril is not justified. The request of Flexeril 5mg, #30 is not medically necessary.