

Case Number:	CM15-0123850		
Date Assigned:	07/08/2015	Date of Injury:	11/19/2012
Decision Date:	08/04/2015	UR Denial Date:	05/28/2015
Priority:	Standard	Application Received:	06/26/2015

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: California

Certification(s)/Specialty: Preventive Medicine, Occupational 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 35-year-old female sustained an industrial injury to the neck, bilateral shoulders and arms on 11/19/12. Previous treatment included physical therapy, chiropractic therapy, home exercise and medications. Documentation did not disclose recent magnetic resonance imaging. In a PR-2 dated 5/15/15, the injured worker complained of a recurrence of trigger points in the right shoulder. The injured worker rated her pain 5-6/10 on the visual analog scale. The injured worker reported 80% decrease in pain following previous trigger point injections, which allowed her to tolerate more activities. The injured worker stated that her current medication regimen provided temporary relief of 50% her symptoms. Physical exam was remarkable for minimal tenderness to palpation to the lateral epicondyles and cervical spine with paraspinal musculature tightness, moderate trigger points in the right upper trapezius, normal motor strength to bilateral upper extremities and mildly decreased sensation in the right ulnar distribution. Current diagnoses included myalgia and myositis, bilateral shoulder sprain/strain, bilateral lateral epicondylitis, possible right ulnar neuropathy, chronic neck pain and cervical spine sprain/strain. The treatment plan included continuing current medications, continuing home exercise and requesting authorization for trigger point injection bilateral shoulders and right upper extremities.

IMR ISSUES, DECISIONS AND RATIONALES

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

Trigger Point Injection bilateral shoulders and right upper extremities, quantity 4: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Trigger Point Injections.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Trigger Point Injections Section Page(s): 122.

Decision rationale: The MTUS Guidelines recommend the use of trigger point injections for myofascial pain syndrome as indicated, with limited lasting value. It is 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. 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. Trigger point injections are not recommended for typical back pain or neck pain. For fibromyalgia syndrome, trigger point injections have not been proven effective. 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. In this case, the injured workers symptoms are not consistent with myofascial pain syndrome. There is no evidence of circumscribed trigger points with twitch response and radiation on physical examination. The request for Trigger Point Injection bilateral shoulders and right upper extremities, quantity 4 is determined to not be medically necessary.