

<b>Case Number:</b>	CM15-0076636		
<b>Date Assigned:</b>	04/28/2015	<b>Date of Injury:</b>	03/20/2009
<b>Decision Date:</b>	05/29/2015	<b>UR Denial Date:</b>	04/01/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	04/21/2015

### 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: 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 57-year-old female, who sustained an industrial injury on 3/20/2009. The current diagnoses are rotator cuff tear, status post right shoulder arthroscopy with subacromial decompression (2/25/2015). According to the progress report dated 3/6/2015, the injured worker complains of pain. The current medication list, per the 10/20/2014 progress note, is Trazadone, Zoloft, Flexeril, Gabapentin, Imitrex, and Norco. Treatment to date has included medication management, MRI studies, physical therapy, electrodiagnostic testing, and surgical intervention. The plan of care includes prescriptions refills for Flexeril and Imitrex.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Flexeril 10 MG #90 with 1 Refill:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants for chronic pain Page(s): 63-65.

**Decision rationale:** This injured worker receives treatment for chronic pain that relates back to a work-related injury dated 03/20/2009. The patient's medical problems include chronic neck pain, shoulder pain, Post-traumatic Stress Disorder, Major depression, and opioid dependence. The patient had surgery for a torn rotator cuff. This review addresses a request for refills of Flexeril 10 mg #90 tabs with one refill. Flexeril is a muscle relaxer, which may be medically indicated for the short-term management of acute muscle spasm as a second-line agent. Using Flexeril over the long-term (more than 2-3 weeks) is not recommended. Studies show that taking muscle relaxers over the long-term does not restore function and exposes patients to side effects. Side effects include sedation and medication dependence. The documentation does not make clear what the indication for the Flexeril is. Flexeril is not medically indicated.

**Imitrex 50 MG #15:** Upheld

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

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Treatment of migraine headache by Zahid H Bajwa, MD in UpToDate.com.

**Decision rationale:** This injured worker receives treatment for chronic pain that relates back to a work-related injury dated 03/20/2009. The patient's medical problems include chronic neck pain, shoulder pain, Post-traumatic Stress Disorder, Major depression, and opioid dependence. The patient had surgery for a torn rotator cuff. This review addresses a request for Imitrex 50 mg #15. This patient receives treatment from a number of specialists, including an orthopedist, psychiatrist, and a pain management specialist. Imitrex is one of the triptans, a family of medicines indicated for the treatment of common migraines. While these medicines can be very effective, caution is necessary when prescribing them. Experts warn that they must be used with a great deal of caution in cases of hemiplegic migraine, basilar migraine, ischemic stroke, ischemic heart disease, Prinzmetal's angina, and uncontrolled hypertension. In addition, in unsupervised patients, tolerance and dependence can develop. The documentation does not address any of these issues. Imitrex is not medically indicated.