

<b>Case Number:</b>	CM15-0093043		
<b>Date Assigned:</b>	05/19/2015	<b>Date of Injury:</b>	03/22/2009
<b>Decision Date:</b>	06/24/2015	<b>UR Denial Date:</b>	04/29/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/14/2015

### 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: Texas, 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:

This is a 55-year-old male patient who sustained a work related injury on 3/22/09. The diagnoses have included causalgia of upper limb, disorders of bursae and tendons in shoulder region, cervical disc displacement, cervical disc degeneration, brachial neuritis and myalgia and myositis. Per the note dated 4/8/15, he had complains of continued and unbearable pain in both hands and wrists. He rates his pain level a 10/10. Physical examination revealed significantly limited range of motion and swelling in both wrists, poor grip strength with both hands, soreness, stiffness and tenderness in both wrists; positive Tinel's and Phalen's tests with both wrists. The medications list includes naproxen, prilosec, wellbutrin, norco and orphenadrine. Treatments have included massage therapy to left wrist, oral medications, pain cream, home exercises, left shoulder surgery, and carpal tunnel surgery. He has had last urine drug screen on 1/15/15, which was inconsistent for hydrocodone. The treatment plan includes refills of medications.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Orphenadrine 100mg #60:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants (for pain) Page(s): 63. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Muscle Relaxants.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants (for pain), Page 63, Orphenadrine (Norflex, Banflex, Antiflex, Mio-Rel, Orphenate, generic available) page 65.

**Decision rationale:** Request: Orphenadrine 100mg #60. Orphenadrine is antispasmodic. Per the cited guidelines, "it is used to decrease muscle spasm in conditions such as LBP for a short period of time." According to the cited guidelines "This drug is similar to diphenhydramine, but has greater anticholinergic effects. The mode of action is not clearly understood. Effects are thought to be secondary to analgesic and anti cholinergic properties." Per the cited guidelines, regarding muscle relaxants, "Recommend non-sedating muscle relaxants with caution as a second-line option for short-term treatment of acute exacerbations in patients with chronic LBP." Muscle relaxants are recommended for a short period of time. The patient has had chronic bilateral hand/wrists pain. Response to NSAIDs (first line option), without second line options like muscle relaxants, is not specified in the records provided. Response to pain with and without orphenadrine is not specified in the records provided. Evidence of muscle spasm or acute exacerbations is not specified in the records provided. The medical necessity of Orphenadrine 100mg #60 is not fully established for this patient at this time.