

Case Number:	CM15-0097352		
Date Assigned:	05/28/2015	Date of Injury:	04/06/2013
Decision Date:	07/01/2015	UR Denial Date:	05/13/2015
Priority:	Standard	Application Received:	05/20/2015

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: North Carolina

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 56-year-old male, who sustained an industrial/work injury on 4/6/13. He reported initial complaints of acute back pain. The injured worker was diagnosed as having displacement of lumbar intervertebral disc without myelopathy. Treatment to date has included medication, orthopedic referral, and diagnostics. MRI results were reported to show L3-4 a 4 mm disc protrusion with moderate right and borderline left neural foraminal compromise, at L4-5, there is hypertrophy of the posterior ligaments, 4 mm disc protrusion causing neural foraminal compromise, and lobulated disc protrusion at L5-S1. Electromyography and nerve conduction velocity test (EMG/NCV) was performed on 9/30/13 showing borderline slowing of nerve conduction study of the left tibial motor nerve. Currently, the injured worker complains of continued severe right hip and low back pain radiating to the bilateral lower extremities (R>L) and rated 8/10. Per the primary physician's progress report (PR-2) on 2/24/15, examination revealed moderate paraspinal spasm in the lumbar spine, limited range of motion, deep tendon reflexes are 2+/-4, straight leg raise is negative, some hypesthesia over the lateral right thigh, deep tendon reflexes ae +1. Current plan of care included spine consultation and medication. The requested treatments include Cyclobenzaprine 7.5 mg.

IMR ISSUES, DECISIONS AND RATIONALES

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

Cyclobenzaprine 7.5 mg BID #60: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxants (pain).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxants Page(s): 63-65.

Decision rationale: The California chronic pain medical treatment guidelines section on muscle relaxants states: "Recommend non-sedating muscle relaxants with caution as a second-line option for short-term treatment of acute exacerbations in patients with chronic LBP. (Chou, 2007) (Mens, 2005) (Van Tulder, 1998) (van Tulder, 2003) (van Tulder, 2006) (Schnitzer, 2004) (See, 2008) Muscle relaxants may be effective in reducing pain and muscle tension, and increasing mobility. However, in most LBP cases, they show no benefit beyond NSAIDs in pain and overall improvement. Also there is no additional benefit shown in combination with NSAIDs. Efficacy appears to diminish over time, and prolonged use of some medications in this class may lead to dependence. (Homik, 2004) (Chou, 2004) This medication is not intended for long-term use per the California MTUS. The medication has not been prescribed for the flare-up of chronic low back pain. This is not an approved use for the medication. For these reasons, criteria for the use of this medication have not been met. Therefore, the request is not medically necessary.