

MAXIMUS FEDERAL SERVICES, INC.

Independent Medical Review

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Notice of Independent Medical Review Determination

Dated: 11/18/2013

[REDACTED]

[REDACTED]

Employee:	[REDACTED]
Claim Number:	[REDACTED]
Date of UR Decision:	5/22/2013
Date of Injury:	1/24/2013
IMR Application Received:	6/13/2013
MAXIMUS Case Number:	CM13-0000678

- 1) MAXIMUS Federal Services, Inc. has determined the request for **physical therapy two (2) times a week for four (4) weeks for the right wrist** is not medically necessary and appropriate.

INDEPENDENT MEDICAL REVIEW DECISION AND RATIONALE

An application for Independent Medical Review was filed on 6/13/2013 disputing the Utilization Review Denial dated 5/22/2013. A Notice of Assignment and Request for Information was provided to the above parties on 9/12/2013. A decision has been made for each of the treatment and/or services that were in dispute:

- 1) MAXIMUS Federal Services, Inc. has determined the request for **physical therapy two (2) times a week for four (4) weeks for the right wrist is not medically necessary and appropriate.**

Medical Qualifications of the Expert Reviewer:

The independent Medical Director who made the decision has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Physical Medicine and Rehabilitation and is licensed to practice in California. 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 treatments and/or services at issue.

Expert Reviewer Case Summary:

The patient is a 52 Y, F with a date of injury on 1/24/13. The patient's diagnosis is right carpal tunnel syndrome. An EMG/NCS test dated 2/15/13 showed moderate compression of the median nerve on the right. The progress report dated 3/4/13 by Dr. [REDACTED] MD noted that the patient reported to have some improvement with PT and a request was made for the patient to continue PT 2x4. The progress report dated 4/18/13 by Dr. [REDACTED] MD noted that patient reported a 75% improvement and PT was helping with the pain and increased range of motion. An additional 8 sessions of PT were requested. The orthopedic evaluation dated 6/25/13 by Dr. [REDACTED], MD noted that the patient presented with frequent moderate tingling and numbness in the fingers of the right hand with all activities. It was noted that nerve testing was consistent with mild to moderate right carpal tunnel syndrome. The patient was given a night splint, encouraged to continue home exercises she learned in physical therapy. Surgery would be considered if symptoms did not improve.

Documents Reviewed for Determination:

The following relevant documents received from the interested parties and the documents provided with the application were reviewed and considered. These documents included:

- Application of Independent Medical Review
- Utilization Review Determination
- Medical Records from Claims Administrator
- Medical Treatment Utilization Schedule (MTUS)

1) Regarding the request for physical therapy two (2) times a week for four (4) weeks for the right wrist :

Section of the Medical Treatment Utilization Schedule Relied Upon by the Expert Reviewer to Make His/Her Decision

The Claims Administrator based its decision on the American College of Environmental and Occupational Medicine (ACOEM), Chapter 11, Forearm, Wrist, and Hand complaints, which is part of the MTUS, and the Official Disability Guidelines (ODG), Treatment for Carpal Tunnel Syndrome, which is not part of the MTUS.

The Expert Reviewer based his/her decision on the Chronic Pain Medical Treatment Guidelines, Physical Medicine, pgs. 98-99, which is part of the MTUS, and the Official Disability Guidelines, Carpal Tunnel Syndrome

Rationale for the Decision:

The medical records indicate that the employee had received 8 sessions of physical therapy. The progress report noted that the employee reported a 75% improvement and physical therapy was helping with the pain and increased range of motion. MTUS recommends 8-10 visits for neuralgia. MTUS speaks against treatments that are rendered without time limitation or goal orientation. It also states that subjective pain is not a good enough reason to continue treatments unless there has been a change in the diagnosis. It also discusses that for functional restoration, the individual must assume certain responsibilities such as adhering to exercise program. **The request for physical therapy two (2) times a week for four (4) weeks for the right wrist is not medically necessary and appropriate.**

Effect of the Decision:

The determination of MAXIMUS Federal Services and its physician reviewer is deemed to be the final determination of the Administrative Director, Division of Workers' Compensation. With respect to the medical necessity of the treatment in dispute, this determination is binding on all parties.

In accordance with California Labor Code Section 4610.6(h), a determination of the administrative director may be reviewed only if a verified appeal is filed with the appeals board for hearing and served on all interested parties within 30 days of the date of mailing of the determination to the employee or the employer. The determination of the administrative director shall be presumed to be correct and shall be set aside only upon proof by clear and convincing evidence of one or more of the grounds for appeal listed in Labor Code Section 4610.6(h)(1) through (5).

Sincerely,

Paul Manchester, MD, MPH
Medical Director

cc: Department of Industrial Relations
Division of Workers' Compensation
1515 Clay Street, 18th Floor
Oakland, CA 94612

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Disclaimer: MAXIMUS is providing an independent review service under contract with the California Department of Industrial Relations. MAXIMUS is not engaged in the practice of law or medicine. Decisions about the use or nonuse of health care services and treatments are the sole responsibility of the patient and the patient's physician. MAXIMUS is not liable for any consequences arising from these decisions.