

MAXIMUS FEDERAL SERVICES, INC.

Independent Medical Review

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Notice of Independent Medical Review Determination

Dated: 11/7/2013

[REDACTED]
[REDACTED]
[REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]

Employee:	[REDACTED]
Claim Number:	[REDACTED]
Date of UR Decision:	7/1/2013
Date of Injury:	2/14/2012
IMR Application Received:	8/1/2013
MAXIMUS Case Number:	CM13-0005807

- 1) MAXIMUS Federal Services, Inc. has determined the request for additional physical therapy for the lumbar spine 3 times a week for 2 months for a total of 24 additional sessions **is not medically necessary and appropriate.**

INDEPENDENT MEDICAL REVIEW DECISION AND RATIONALE

An application for Independent Medical Review was filed on 8/1/2013 disputing the Utilization Review Denial dated 7/1/2013. A Notice of Assignment and Request for Information was provided to the above parties on 8/30/2013. 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 additional physical therapy for the lumbar spine 3 times a week for 2 months for a total of 24 additional sessions **is not medically necessary and appropriate.**

Medical Qualifications of the Expert Reviewer:

The independent Medical Doctor who made the decision has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Occupational Medicine, 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:

This is a 52 year old male who on 2/14/2012 was moving heavy boxes for a pick up and twisted his low back. The patient has low back surgery and still has low back pain. The patient has had acupuncture, and 12 PT session in 7/2012, 12 session in 4/2013. The patient has had medication, activity modification, chiropractic care, acupuncture PT and lumbar decompression. Post operative MRI showed no recurrent disc herniation. The patient on latest progress report shows decreased sensation in right lower leg.

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 [REDACTED]
- Medical Records from Claims Administrator
- Medical Treatment Utilization Schedule (MTUS)

- 1) **Regarding the request for additional physical therapy for the lumbar spine 3 times a week for 2 months for a total of 24 additional sessions:**

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

The Claims Administrator based its decision on the Chronic Pain Guidelines (2009), which is part of MTUS, Pages 98-99. The Expert Reviewer based his/her decision on Chronic Pain Medical Treatment Guidelines, Section on Physical Medicine, page 63, which is part of MTUS.

Rationale for the Decision:

MTUS recommends fading of treatment 3 visits per week to one visit or less. The employee has already had 24 visits of therapy and had other treatment modalities. There is no documentation for the need of additional physical therapy except for core strengthening. Exercise is recommended by MTUS however, additional physical therapy is not supported by MTUS. The employee should be progressed to home exercises as per MTUS chronic pain guidelines. The employee has already had 24 visits of therapy, and there is no medical reason for additional 24 visits. **The request for additional physical therapy for the lumbar spine 3 times a week for 2 months for a total of 24 additional sessions 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.