

Case Number:	CM13-0000762		
Date Assigned:	12/11/2013	Date of Injury:	01/03/2013
Decision Date:	11/26/2014	UR Denial Date:	05/28/2013
Priority:	Standard	Application Received:	06/19/2013

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. The expert reviewer is Board Certified in Family Practice and is licensed to practice in Ohio. 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/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

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 30 year old male which injured his right knee after a fall onto it on 1-13-2013. He was having pain to the right knee and ankle. He was prescribed 6 physical therapy sessions for his right ankle and between 6-12 sessions for the right knee. An MRI scan of the right knee was consistent with a bone bruise. An MRI of the right ankle showed evidence of an attenuated anterior talofibular ligament with loss of fat pad intensity in the sinus tarsi. An examination of the injured worker on 4-26-2013, and after at least 6 physical therapy visits, revealed a right ankle and knee with no tenderness and full active range of motion. The knee had a negative McMurray's and anterior/posterior drawer sign. The diagnoses included a bone bruise of the right knee and ankle pain.

IMR ISSUES, DECISIONS AND RATIONALES

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

Physical therapy 2 times per week times 3 weeks to the right ankle: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 369. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Foot and Ankle Chapter.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Foot and Ankle, Physical Therapy (PT).

Decision rationale: The Official Disability Guidelines allow for 9 physical therapy visits over 8 weeks for foot/ankle sprains which are likely the closest approximation to the injured worker's actual diagnosis based on MRI findings. After 6 physical therapy visits, the treating physician documented no tenderness of the ankle and full range of motion. An additional 6 physical therapy visits would exceed the quantity allowed for by the guidelines and did not appear medically necessary based on physical exam findings. Therefore, an additional 6 physical therapy visits for the right ankle (2 times a week for 3 weeks) was not medically necessary.

Physical therapy 2 times per week for 3 week to the right knee: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 337-339. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG); Knee and Leg Chapter pages 58-59

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Foot and Ankle, Physical Therapy (PT).

Decision rationale: The Official Disability Guidelines allow for 9 physical therapy visits for knee pain or effusion. The injured worker had completed between 6 and 12 physical therapy sessions and no longer had residual findings per the physician. Therefore, an additional 6 visits of physical therapy (2 times a week for 3 weeks) was not medically necessary.