

Case Number:	CM13-0010287		
Date Assigned:	09/20/2013	Date of Injury:	02/21/2012
Decision Date:	05/06/2014	UR Denial Date:	07/26/2013
Priority:	Standard	Application Received:	08/12/2013

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 Physical Medicine & 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 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:

This is a 56 year-old male who was injured on 2/21/12. He has been diagnosed with right elbow medial epicondylitis, resolving with platelet rich plasma injection, with residual pain and ulnar neuritis. According to the 5/22/13 orthopedic report from [REDACTED] the patient presents with increasing right elbow pain, 6/10 ,that comes and goes. He uses naproxen, tramadol and Dendracin cream. [REDACTED] requests platelet rich plasma injection. On 7/26/13 UR recommended noncertification of this.

IMR ISSUES, DECISIONS AND RATIONALES

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

1 RICH PLASMA INJECTION INTO RIGHT ELBOW: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Elbow (Acute & Chronic).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Pain Chapter.

Decision rationale: The patient presents with right elbow medial epicondylitis that has plateaued with 6/10 pain approximately 3-months following platelet rich plasma (PRP) injection to the elbow. The ODG in the pain chapter, states this is experimental or under study for the elbow, but

the ODG elbow chapter recommends a single injection. ODG states: "Recommend single injection as a second-line therapy for chronic lateral epicondylitis after first-line physical therapy such as eccentric loading, stretching and strengthening exercises, based on recent research below. This small pilot study found that 15 patients with chronic elbow tendinosis treated with buffered platelet-rich plasma (PRP) showed an 81% improvement in their visual analog pain scores after six months, and concluded that PRP should be considered before surgical intervention." The ODG guidelines recommend a single injection for lateral epicondylitis as the study showed improvement for 6-months. This patient was reported to have medial, not lateral epicondylitis, and has already had the single injection, and it has not lasted 6-months. The request for the 2nd PRP injection is not in accordance with the ODG. The request is not medically necessary and appropriate