

Case Number:	CM13-0013404		
Date Assigned:	09/26/2013	Date of Injury:	08/31/2004
Decision Date:	01/24/2014	UR Denial Date:	08/03/2013
Priority:	Standard	Application Received:	08/19/2013

HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to a physician reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Physical Medicine & Rehabilitation, has a subspecialty in Neuromuscular Medicine and is licensed to practice in Maryland. 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 physician 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:

Patient is a 49-year-old patient who sustained injury to her bilateral shoulder, elbow, and wrist on August 31, 2004 and September 9, 2010. She was diagnosed with peripheral median nerve entrapment at the wrist (carpal tunnel syndrome).

IMR ISSUES, DECISIONS AND RATIONALES

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

Physical therapy , right wrist 8 sessions: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 99, Postsurgical Treatment Guidelines.

Decision rationale: 8 sessions of physical therapy to the right wrist is not medically necessary per MTUS guidelines. Per documentation, the patient has had at least a total 56 therapy visits for her injuries. She has had at least 18 post operative PT sessions for her wrist. At this point patient should be well versed in an active self directed home exercise program. There is no documentation of clinical complication or an extenuating circumstance in this case which would require continued therapy for her right wrist.

