

Case Number:	CM13-0015135		
Date Assigned:	10/07/2013	Date of Injury:	11/10/2004
Decision Date:	01/28/2014	UR Denial Date:	08/14/2013
Priority:	Standard	Application Received:	08/21/2013

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, 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 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:

The patient is a 52-year-old male who reported an injury on 11/10/2004 due to cumulative trauma. The patient developed low back pain radiating into the lower extremities that was treated conservatively with medications and physical therapy. The patient also underwent a course of aqua therapy. There were no recent physical examination findings submitted for review. The patient's diagnoses included cervical radiculopathy/ulnar neuritis, lumbosacral neuritis, and a sprain of the lumbar region. The patient's treatment plan included a Young Mens Christian Association (YMCA) membership for one year for daily water exercises. –

IMR ISSUES, DECISIONS AND RATIONALES

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

One year YMCA membership: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Low Back Chapter-Lumbar & Thoracic(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) Low Back Chapter, Gym Memberships.

Decision rationale: The requested one year Young Mens Christian Association (YMCA) membership is not medically necessary or appropriate. It is noted within the documentation that the patient has undergone extensive aquatic therapy without significant functional benefit. Official Disability Guidelines do not recommend a medical prescription for a gym membership as treatment outcomes are not regularly monitored and administered by medical professional. Additionally, this type of request is not generally considered medical treatment. Therefore, it would not be supported by guideline recommendations. As such, the requested one year Young Mens Christian Association (YMCA) membership is not medically necessary or appropriate.