

Case Number:	CM13-0021745		
Date Assigned:	11/13/2013	Date of Injury:	08/01/1998
Decision Date:	01/02/2014	UR Denial Date:	08/22/2013
Priority:	Standard	Application Received:	09/06/2013

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 Family Practice and is licensed to practice in Texas. 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.

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 67-year-old female who reported an injury on 08/01/1998 with an unstated mechanism of injury. The patient was noted to have facet tenderness and pain. The patient's diagnosis was stated to include bilateral lumbar facet syndrome. The treatment plan was noted to include aquatic therapy 3 times a week for 8 weeks.

IMR ISSUES, DECISIONS AND RATIONALES

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

Aquatic therapy three (3) times a week for eight (8) weeks: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Practice Guidelines.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Aquatic Therapy, Physical Medicine Page(s): 22, 98-99.

Decision rationale: The California MTUS Guidelines recommend aquatic therapy specifically where reduced weight bearing is desirable, for example, the extreme obesity. The number of visits for myalgia and myositis is 9 to 10 visits. The clinical documentation submitted for review failed to provide a thorough, objective, legible physical examination, as the notes that were provided were handwritten and very difficult to read. Additionally, it failed to provide the necessity for the requested service. The employee's injury was noted to have occurred in 1998, the employee should be well versed in a home exercise program, and the clinical documentation failed to provide the necessity for aquatic therapy. The request for aquatic therapy three (3) times a week for eight (8) weeks is not medically necessary and appropriate.

