

Case Number:	CM13-0023295		
Date Assigned:	03/03/2014	Date of Injury:	08/29/2012
Decision Date:	04/15/2014	UR Denial Date:	08/30/2013
Priority:	Standard	Application Received:	09/12/2013

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 Internal Medicine and is licensed to practice in New York. 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 patient is a 60 year old male with a date of injury on 08/29/2012. He had neck, shoulder, back and wrist pain from a motor vehicle accident. He had physical therapy. On 07/02/2013 he had carpal tunnel release surgery and then had 8 post operative physical therapy visits. Strength increased 50% to 60%.

IMR ISSUES, DECISIONS AND RATIONALES

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

12 ADDITIONAL POST-OPERATIVE PHYSICAL THERAPY SESSIONS TO TREAT THE RIGHT WRIST: Upheld

Claims Administrator guideline: Decision based on MTUS Postsurgical Treatment Guidelines.

MAXIMUS guideline: Decision based on MTUS ACOEM Page(s): 16.

Decision rationale: The California MTUS Guidelines for post operative carpal tunnel release surgery allows for a maximum of 8 physical therapy visits over 3 months. The guidelines recommend a maximum of 3 to 8 post operative physical therapy visits. The patient already had 8 post operative physical therapy visits and should have been transitioned to a home exercise program during those visits. There is no documentation that continued formal physical therapy is superior to a home exercise program. The requested additional 12 physical therapy visits is not consistent with MTUS guidelines.

