MAXIMUS Federal Services

Case Number:	CM13-0024222		
Date Assigned:	11/20/2013	Date of Injury:	07/07/2011
Decision Date:	01/15/2014	UR Denial Date:	09/06/2013
Priority:	Standard	Application Received:	09/13/2013

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 Podiatric surgery, 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 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:

According to the enclosed information this pt suffered a fall from a roof on 7-7-2011. He sustained a left foot and ankle injury including a calcaneal fracture, which eventually led to STJ arthritis. The calcaneal fracture was fixated on 7-14-2011. Treatment over the years has consisted of custom orthotics, Arizona ankle brace, and cortisone injections to the subtalar joint. By 6-28-2013 the pt related that the ankle brace was not comfortable. The foot orthotics worn in high topped work boots were helping alleviate his ankle and foot pain and allowing him to work. A request was made by the patient's podiatrist to allow this patient to receive 3 cortisone injections per year into the sinus tarsi of the involved foot. It is noted in the progress note that two prior cortisone injections to the sinus tarsi have alleviated his pain by 50% each time.

IMR ISSUES, DECISIONS AND RATIONALES

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

Three cortisone injections per year into the sinus tarsi: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation CA MTUS, Ankle and Foot complaints, ACOEM Occupational Medicine Practice Guidelines, 2nd Edition, 2008, pages 1039-1041 as well as ODG Ankle and Foot.

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 370-377.

Decision rationale: After careful review of the MTUS guidelines, and specifically Chapter 14, it is noted that invasive techniques (e.g., needle acupuncture and injection procedures) have no proven value, with the exception of corticosteroid injection into the affected web space in patients with Morton's neuroma or into the affected area in patients with plantar fasciitis or heel. It is further noted that repeated or frequent injections are not recommended.