

<b>Case Number:</b>	CM13-0035216		
<b>Date Assigned:</b>	04/25/2014	<b>Date of Injury:</b>	01/30/2012
<b>Decision Date:</b>	08/05/2014	<b>UR Denial Date:</b>	08/23/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/16/2013

### 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 Plastic and Reconstructive Surgery, has a subspecialty in Hand Surgery 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 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 28 year old right hand dominant male with a date of injury on 1/30/12 who is stated to have a ganglion cyst of the left wrist. Documentation from 8/28/13 notes follow-up for symptoms of the left elbow. Examination notes ulnar and dorsal sided left wrist pain without mention of a ganglion cyst. Only the diagnosis of left wrist ganglion cyst is stated. The plan does not document treatment of a ganglion cyst. Documentation from 6/26/13 notes on examination that there is no apparent cystic lesion on examination. MRI of the left wrist is reported as reveals inflammatory reaction but no specific tears noted. Assessment lists left wrist rule out ganglion cyst. Documentation from 7/31/13 notes follow-up for elbow and wrist pain. Examination notes ulnar and dorsal sided left wrist pain without mention of a ganglion cyst. Left wrist ganglion cyst is only stated in the diagnosis section. The treatment plan states that authorization was requested for left wrist ganglion excision as this is affecting his ability to utilize his left upper extremity. Documentation from 5/22/13 and 5/1/13 notes dorsal and ulnar sided left wrist pain without mention of a ganglion cyst. An MRI had been performed. Diagnosis was stated as left wrist rule out ganglion cyst. Plan was to review the MRI results. The Utilization Review dated 8/21/13 did not certify the procedure for excision of left wrist ganglion cyst.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**GANGLION CYST EXCISION OF THE LEFT WRIST:** Upheld

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 11 Forearm, Wrist, and Hand Complaints Page(s): 271.

**MAXIMUS guideline:** Decision based on MTUS ACOEM Chapter 11 Forearm, Wrist, and Hand Complaints Page(s): 271.

**Decision rationale:** The patient is only stated to have a left wrist ganglion cyst. There is no documented examination findings to support this. The examinations only document left wrist pain. The MRI of the left wrist is reported as revealing inflammatory reaction but no specific tears noted without mention of a ganglion cyst. Further, there is no apparent cystic lesion on examination. The ACOEM Guidelines state that only symptomatic wrist ganglia merit excision, if aspiration fails. Recurrences may be spontaneous or related to inadequate removal of the communication with the carpal joints or to satellite ganglia that the surgeon failed to excise. Thus, without a clear diagnosis of a ganglion cyst that is supported in the medical documentation and without documentation of a symptomatic ganglion cyst that has failed aspiration, excision is not indicated. Therefore, the requested services are not medically necessary or appropriate at this time.