

Case Number:	CM13-0036223		
Date Assigned:	12/13/2013	Date of Injury:	04/27/2013
Decision Date:	01/28/2014	UR Denial Date:	09/19/2013
Priority:	Standard	Application Received:	10/18/2013

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, has a subspecialty in Preventive Medicine, 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.

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

There are no current exam notes available. Based on prior reviewer notes, this was a Female claimant who sustained an ankle injury on 4/27/13 was recently seen by her treating physician on 9/9/13. She was noted to previously receive splinting , ice and whirlpool therapy. On 9/12/13 an x-ray of the ankle was unremarkable. Her pain was recently worsened by walking on uneven pavement. The treating physician planned on 2 cortisone injections.

IMR ISSUES, DECISIONS AND RATIONALES

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

Two cortisone injections of the left ankle: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Foot and Ankle Section Page(s): s 371-376.

Decision rationale: According to the Chronic Pain Medical Treatment Guidelines, corticosteroid injections are effective when injected in to the web space for Morton's neuroma or in affected areas for those with plantar fasciitis or heel spurs. It is not indicated for ankle injections. There is inadequate documentation to support use of steroids for the ankle. The request for two cortisone injections of the left ankle is nor medically necessary or appropriate.