

Case Number:	CM13-0039768		
Date Assigned:	12/20/2013	Date of Injury:	07/16/2012
Decision Date:	11/26/2014	UR Denial Date:	10/02/2013
Priority:	Standard	Application Received:	10/08/2013

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 Family Medicine and is licensed to practice in North Carolina. 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 claimant had a date of injury of 7/16/2012. The claimant injured ankle after slipping and falling on a ladder. Arthroscopic surgery of ankle was performed on 9/20/2013. Post operative physical therapy was performed and a home exercise program implemented. He has persistent pain in ankle. The request is for purchase of home rehab kit foot and ankle.

IMR ISSUES, DECISIONS AND RATIONALES

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

Home Rehab Kit Purchase Foot and Ankle: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee, Leg, and Home Exercise Kits

Decision rationale: CA MTUS is silent on the issue of home exercise kits. ODG section on Knee/Leg states that a home exercise kit may be considered as an option. However, there is no recommendation for any home exercise equipment that would be of use in this recommended home exercise program. The request is non-specific and does not include any identifiers to

indicate how such a home exercise kit would aid in the performance of a home exercise program, over a standard home exercise program. The home exercise kit is not medically indicated.