

<b>Case Number:</b>	CM13-0052098		
<b>Date Assigned:</b>	12/27/2013	<b>Date of Injury:</b>	10/13/2013
<b>Decision Date:</b>	03/13/2014	<b>UR Denial Date:</b>	11/05/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/15/2013

### 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 Physical Medicine & Rehabilitation, has a subspecialty in Pain Medicine and is licensed to practice in Oklahoma and Texas. 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:

The patient is a 49-year-old female who reported an injury on 10/13/2013. The patient is currently diagnosed with a knee sprain. The patient was evaluated on 10/24/2013. The patient reported increasing pain in the left knee. Physical examination revealed positive McMurray's testing. Treatment recommendations included an orthopedic consultation and an open MRI of the left knee.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Magnetic resonance imaging (MRI) of the left knee without contrast:** Upheld

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 13 Knee Complaints.

**MAXIMUS guideline:** Decision based on MTUS ACOEM Chapter 13 Knee Complaints Page(s): 341-343. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee & Leg Chapter, Magnetic Resonance Imaging.

**Decision rationale:** The California MTUS/ACOEM Practice Guidelines state that special studies are not needed to evaluate most knee complaints until after a period of conservative care and observation. As per the clinical documentation submitted, the patient's physical examination on

the requesting date of 10/24/2013 only revealed tenderness to palpation with positive McMurray's testing. There is no documentation of a recent failure to respond to conservative treatment, including physical therapy and medications. There was also no evidence of progressive symptoms or focal deficits. The medical necessity for the requested procedure has not been established. Therefore, the request is non-certified.

**Transfer of care to an orthopedic specialist:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation American College of Occupational and Environmental Medicine (ACOEM) Guidelines, Chapter 7, pg. 127.

**MAXIMUS guideline:** Decision based on MTUS ACOEM Chapter 5 Cornerstones of Disability Prevention and Management Page(s): 89-92. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Chronic Pain Chapter, Office Visits.

**Decision rationale:** The Physician Reviewer's decision rationale: The California MTUS/ACOEM Practice Guidelines state that referral may be appropriate if the practitioner is uncomfortable with the line of inquiry, with treating a particular cause of delayed recovery or has difficulty obtaining information or an agreement to a treatment plan. As per the documentation submitted, there is no evidence of an exhaustion of previous conservative treatment, including medication or physical therapy. There was also no evidence that urgent or emergent surgery is necessary at this time. The medical necessity has not been established. Therefore, the request is non-certified.