

Case Number:	CM13-0056546		
Date Assigned:	12/30/2013	Date of Injury:	10/20/2000
Decision Date:	06/11/2014	UR Denial Date:	11/18/2013
Priority:	Standard	Application Received:	11/22/2013

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 Physical Medicine and Rehabilitation 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 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 injured worker is a 44-year-old male who reported an injury on 10/20/2000. The mechanism of injury was not provided in the documentation submitted. The clinical note dated 11/13/2013 reported that the injured worker complained of increased back pain. The injured worker also complained of neck pain caused by a flare-up of lower back pain. The physical exam noted that the injured worker had 60% range of motion and good heel to toe walk. The provider request unknown prescription of Tylenol, as well as eighteen (18) physical therapy or chiropractic sessions. The request for authorization for physical therapy was provided and dated 10/02/2013.

IMR ISSUES, DECISIONS AND RATIONALES

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

UNKNOWN PRESCRIPTION OF TYLENOL: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines ACETAMINOPHEN Page(s): 11-12.

Decision rationale: The injured worker complained of increased back pain due to work. The injured worker also complained of neck pain caused by a flare-up of lower back pain. The Chronic Pain Guidelines indicate that acetaminophen is recommended for treatment of chronic

pain. The guidelines also note that acetaminophen is recommended as first line therapy for low back pain. The physician documented that the injured worker had back pain in the clinical documentation submitted. However, the physician did not provide the strength of the Tylenol. In addition, the physician did not provide the quantity of Tylenol to dispense. Therefore, the request for unknown prescription of Tylenol is non-certified.

18 PHYSICAL THERAPY OR CHIROPRACTIC SESSIONS: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines MANUAL THERAPY & PHYSICAL MEDICINE Page(s): 58, 98-99.

Decision rationale: The injured worker complained of increased back pain due to work. The injured worker also complained of neck pain caused by a flare-up of lower back pain. The Chronic Pain Guidelines recommend physical therapy to provide short term relief during the early phases of pain and treatment and are directed at controlling the symptoms such as pain, inflammation and swelling. The guidelines note that for myalgia and neuralgias, eight to ten (8-10) visits are recommended. The guidelines also recommend a trial of six (6) visits of chiropractic care and with evidence of objective functional improvement up to eighteen (18) sessions over six to eight (6-8) weeks. The request for eighteen (18) physical therapy or chiropractic sessions exceeds the guidelines recommendations. Therefore, the request is non-certified.