

<b>Case Number:</b>	CM13-0057171		
<b>Date Assigned:</b>	06/09/2014	<b>Date of Injury:</b>	07/08/2013
<b>Decision Date:</b>	07/14/2014	<b>UR Denial Date:</b>	11/08/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/25/2013

### 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 Occupational 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 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 36-year-old male who has submitted a claim for grade 3 chondromalacia of the right knee, medial femoral condyle with unstable fragments of cartilage, loose bodies of articular cartilage, grade 4 chondral defect of the central ridge of the patella, status post arthroscopic surgery associated with an industrial injury date of July 8, 2013. The medical records from 2013 were reviewed, the latest of which dated November 12, 2013 revealed that the patient is 3 weeks status post right knee surgery. The patient has been using the CPM machine for 4 days. He is also undergoing physical therapy and doing home exercise program. On physical examination, there is improved range of motion since 4 days ago with flexion to approximately 90 degrees and full range of motion with extension. There is tenderness and swelling of the anterior of the right knee. The treatment to date has included right knee arthroscopic shaving, chondroplasty of the medial femoral condyle, micro fracture of the patella and removal of loose bodies, knee brace, physical therapy, home exercise program, and medications which include naproxen, hydrocodone/automatic positive airway pressure, and LidoPro. The utilization review from November 8, 2013 denied the request for CPM unit rental for 21 days with a CPM pad and kit purchase because the patient is 21 days post-surgery and now has a stiff knee, and using it is unlikely beneficial.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**CPM(CONTINUOUS PASSIVE MOTION) UNIT RENTAL FOR 21 DAYS WITH A CPM PAD AND KIT PURCHASE:** Upheld

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

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Knee Chapter, Continuous passive motion devices.

**Decision rationale:** The California MTUS does not specifically address the topic on continuous passive motion devices. Per the Strength of Evidence hierarchy established by the California Department of Industrial Relations, Division of Workers Compensation, the Official Disability Guidelines (ODG), Knee Chapter, was used instead. ODG's criteria for the use of CPM devices for up to 21 days include total knee arthroplasty; anterior cruciate ligament reconstruction; and open reduction and internal fixation of tibial plateau or distal femur fractures involving the knee joint. For home use, CPM is recommended up to 17 days after surgery among patients at risk of a stiff knee, immobile or unable to bear weight. In this case, continuous passive motion unit was requested for post-surgical use. The most recent clinical evaluation noted that the patient has been using the CPM machine for 4 days. There is documented improvement in range of motion. However, the guidelines recommend home use of up to 17 days only after surgery. The requested duration of use exceeds the guideline recommendation. Therefore, the request for CPM unit rental for 21 days with a CPM pad and kit purchase is not medically necessary.