

<b>Case Number:</b>	CM13-0059923		
<b>Date Assigned:</b>	12/30/2013	<b>Date of Injury:</b>	07/28/2013
<b>Decision Date:</b>	04/02/2014	<b>UR Denial Date:</b>	11/20/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/02/2013

### 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 Orthopedic Surgery, and is licensed to practice in 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 58-year-old female who reported an injury on 07/28/2013. The patient reportedly sprained her right ankle while walking up a staircase. The patient is currently diagnosed with pain in the ankle/foot. The patient was seen by [REDACTED] on 11/12/2013. The patient reported swelling and bruising over the left ankle, secondary to a fall. Physical examination revealed thickness of the Achilles tendon on the right with tenderness to palpation. Treatment recommendations included physical therapy, ice therapy, and anti-inflammatories. A request for authorization was then submitted by [REDACTED] on 11/13/2013 for a series of 3 platelet-rich plasma injections to the right Achilles tendon.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**(R) Achilles Tendon PRP Injections (x3): Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Ankle & Foot Chapter, Platelet-rich plasma (PRP)

**MAXIMUS guideline:** Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 369-371. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Ankle & Foot Chapter, Platelet-rich plasma (PRP)

**Decision rationale:** California MTUS/ACOEM Practice Guidelines state invasive techniques have no proven value, with the exception of corticosteroid injection into the affected web space in patients with Morton's neuroma or into the affected area in patients with plantar fasciitis. Official Disability Guidelines state platelet-rich plasma injections are not recommended, with recent higher-quality evidence showing this treatment to be no better than placebo. As per the documentation submitted, the patient's physical examination on the requesting date only revealed thickening of the Achilles tendon with tenderness to palpation. There is no documentation of a recent failure to respond to conservative treatment. As guidelines do not recommend the requested procedure, the current request is non-certified.