

<b>Case Number:</b>	CM13-0061303		
<b>Date Assigned:</b>	12/30/2013	<b>Date of Injury:</b>	07/15/1999
<b>Decision Date:</b>	03/27/2014	<b>UR Denial Date:</b>	11/01/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/04/2013

### 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 and Rehabilitation, has a subspecialty in Pain 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 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 70 year old osteoarthritic female who sustained an industrial injury on 07/15/1999. Prior treatment included physical therapy and a home exercise program. On 08/26/2013 a 48 mg Synvisc One viscosupplementation injection was given to the patient. The patient had a status post Orthovisc injection on an unknown date. On 07/15/2013 it was documented that the patient continued to have stiffness and pain bilaterally. Patient stated that symptoms were manageable with conservative treatment. The physical exam findings of bilateral knees showed tenderness along the medial compartment and patellofemoral compartment with positive patellofemoral crepitation and positive grind test. Pain with deep squat and range of motion is 0 to 125 degrees. Clinic note dated 09/09/2013 showed the patient continued to have pain and stiffness. The physical exam findings of bilateral knees revealed patellofemoral crepitation, positive grind test and trace effusion. An 11/04/2013 physical exam revealed findings of the bilateral knees for positive patellofemoral crepitation, positive grind test and trace effusion. Range of motion was from 0-120 degrees bilaterally. The patient continued to have pain, weakness, loss of motion and functional deficits and benefited from physical therapy in the past. Recommendation: Lidoderm patch for bilateral knees since there was continuation of stiffness. The patient should continue with ice, anti-inflammatories, self-directed stretching and strengthening exercises. The patient was a member of the gym for several years and used the facility for self-directed stretching and strengthening exercises. The patient had evidence of osteoarthritis in bilateral knees and should benefit from continuing with home exercise.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**One (1) year gym membership:** 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), Low Back Chapter

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

**Decision rationale:** Per ODG Guidelines, gym memberships are not recommended unless a home exercise program has not been effective, by documented functional gains or reduction in pain symptoms; or there is a need for specific equipment. According to the patient records, the patient uses a self-directed exercise program without difficulty and there is no need for specific exercise equipment according to the documentation. Therefore, the request is non-certified.