

Case Number:	CM13-0064352		
Date Assigned:	01/03/2014	Date of Injury:	11/12/2011
Decision Date:	05/12/2014	UR Denial Date:	11/08/2013
Priority:	Standard	Application Received:	12/11/2013

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 licensed in Chiropractic and Acupuncture 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 40 year old female who reported low back, mid back and shoulder pain from injury sustained on 11/12/11 due to a slip and fall. X-rays of the hip revealed mild degenerative changes in pubic symphysis and unremarkable left hip X-ray. Patient was diagnosed with Low back pain; pain in thoracic spine and shoulder pain. Patient was treated with medication, physical therapy and chiropractic. Per notes dated 03/25/13, "patient received chiropractic treatment and reports good results in her low back with minimal pain". Per notes dated 11/4/13, she reports increased mid back pain especially when driving and cooking. Pain is rated at 8/10 before medication and 4/10 after medication. She states that chiropractic treatments helped significantly in reducing her pain and increasing her flexibility and function in the past. There is no assessment in the provided medical records of functional efficacy with prior chiropractic visits. Per guidelines, functional improvement means either a clinically significant improvement in activities of daily living or a reduction in work restrictions as measured during the history and physical exam or decrease in medication intake none of which were documented. Patient hasn't had any long term symptomatic or functional relief with chiropractic care. Patient has had this injury for more than 2 years without any long term relief. Patient continues to have pain and flare-ups and is currently on total temporary disability.

IMR ISSUES, DECISIONS AND RATIONALES

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

CHIROPRACTIC TREATMENT: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Page(s): 108. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG)

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Manual Therapy And Manipulation Section Page(s): 58-59.

Decision rationale: Per the Chronic Pain Medical Treatment Guidelines, "Recommended for chronic pain if caused by musculoskeletal conditions. Manual therapy is widely used in the treatment of musculoskeletal pain. The intended goal or effect of manual medicine is the achievement of positive symptomatic or objectively measureable gain in functional improvement that facilitates progression in the patient's therapeutic exercise program and return to productive activities". Low Back: Recommended as an option. Therapeutic care- trial of 6 visits over 2 weeks, with evidence of objective functional improvement, total of up to 18 visits over 6-8 weeks. Elective/ maintenance care- not medically necessary. Reoccurrences/ flare-ups- need to re-evaluate treatment success, if RTW achieved then 1-2 visits every 4-6 months. Treatment parameters from state guidelines. A) Time of procedure effect: 4-6 treatments. B) Frequency 1-2 times per week the first 2 weeks as indicated by the severity of the condition. Treatment may continue at 1 treatment per week for the next 6 weeks. C) Maximum duration: 8 weeks. At 8 weeks patient should be re-evaluated. Care beyond 8 weeks may be indicated for certain chronic pain patients in whom manipulation has been helpful in improving function, decreasing pain and improving quality of life. Treatment beyond 4-6 visits should be documented with objective improvement in function". Patient has had prior chiropractic treatments with symptomatic relief; however, clinical notes fail to document any functional improvement with prior care. Per guidelines, functional improvement means either a clinically significant improvement in activities of daily living or a reduction in work restrictions as measured during the history and physical exam. Per review of evidence and guidelines, 8 Chiropractic visits are not medically necessary.