

Case Number:	CM13-0064941		
Date Assigned:	01/03/2014	Date of Injury:	07/30/1993
Decision Date:	04/15/2014	UR Denial Date:	11/12/2013
Priority:	Standard	Application Received:	12/12/2013

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:

According to the records made available for review, this is a 69-year-old male with a 7/30/93 date of injury. At the time (10/31/13) of request for authorization for 12 months of gym membership, there is documentation of subjective (low back pain) and objective (tenderness to palpation of the lower back with stiffness, restricted lumbar range of motion, tenderness noted over the L3, L4 and L5 spinous processes, and tenderness over the sacroiliac spine) findings, current diagnoses (lumbar pain), and treatment to date (gym membership, "that maintains his activity level and allows him to continue with conservative management"). There is no documentation of measured functional benefits from prior gym membership and remaining measured functional deficits representing functional goals.

IMR ISSUES, DECISIONS AND RATIONALES

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

REQUEST FOR A 12 MONTH GYM MEMBERSHIP: 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), Low Back Chapter, Gym Membership Section

Decision rationale: The California MTUS does not address the issue. The Official Disability Guidelines (ODG) identifies documentation that the patient is deconditioned, requires a structured environment to perform prescribed exercises, reasons why reconditioning cannot be accomplished with a home-based program of exercise, specific prescribed exercises stated in objective terms (for example: 30 minutes riding stationary bicycle three times per week), a specific set of prescribed activities, a specific timetable of progression in those activities, and a prescribed frequency and duration of attendance, as criteria to support the medical necessity of gym membership. Within the medical information available for review, despite documentation of "a previous gym membership that has now expired" and gym membership "maintains his activity level and allows him to continue with conservative management", there is no documentation that the patient is deconditioned, requires a structured environment to perform prescribed exercises, reasons why reconditioning cannot be accomplished with a home-based program of exercise, specific prescribed exercises stated in objective terms (for example: 30 minutes riding stationary bicycle three times per week), a specific set of prescribed activities, a specific timetable of progression in those activities, and a prescribed frequency and duration of attendance. In addition, there is no documentation of measured functional benefits from prior gym membership and remaining measured functional deficits representing functional goals. Therefore, based on guidelines and a review of the evidence, the request for 12 months of gym membership is not medically necessary.