

Case Number:	CM13-0069415		
Date Assigned:	01/03/2014	Date of Injury:	04/27/2013
Decision Date:	04/22/2014	UR Denial Date:	11/15/2013
Priority:	Standard	Application Received:	12/20/2013

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 Physical Medicine & Rehabilitation and is licensed to practice in Illinois. 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 60-year-old male who reported an injury on 04/27/2013. The mechanism of injury was the patient was closing a metal gate and all of a sudden, the gate collapsed on him. The patient is diagnosed with blunt head trauma, headaches, cervicgia, cervical radiculopathy, bilateral shoulder pain, bilateral elbow pain, bilateral cubital tunnel syndrome, bilateral carpal tunnel syndrome, chest pain, thoracic sprain, lumbago, lumbar radiculopathy, bilateral hip strain, bilateral knee pain, bilateral ankle pain, anxiety and mood disorder, sleep disorder, and stress. The patient was seen on 10/22/2013. The request was dated 10/24/2013. The patient reported persistent pain over multiple areas of the body. The physical examination revealed tenderness to palpation with trigger points noted at the rhomboid muscles, decreased shoulder range of motion bilaterally, tenderness over bilateral medial and lateral epicondyles, tenderness at the carpal tunnel bilaterally, diminished sensation along the median nerve distribution with 4/5 strength, tenderness to palpation over the thoracic and lumbar spine, decreased lumbar range of motion, a mildly antalgic gait, decreased range of motion with tenderness to palpation of bilateral hips, tenderness over the medial and lateral joint line bilaterally, crepitus, and positive patellar grinding. Treatment recommendations included continuation of shockwave therapy for up to 6 treatments for the cervical, thoracic spine and lumbar spine.

IMR ISSUES, DECISIONS AND RATIONALES

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

SHOCKWAVE THERAPY FOR THE CERVICAL, THORACIC AND LUMBAR SPINE (6 SESSIONS): Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Wang, Ching-Jen. "Extracorporeal shockwave therapy in musculoskeletal disorders." Journal of orthopaedic surgery and research 7.1 (2012): 1-8

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Wang, Ching-Jen. "Extracorporeal shockwave therapy in musculoskeletal disorders." Journal of orthopaedic surgery and research 7.1 (2012): 1-8

Decision rationale: Per Wang, Ching-Jen (2012), the application of extracorporeal shockwave therapy (ESWT) in musculoskeletal disorders has been around for more than a decade and is primarily used in the treatment of sports related over-use tendinopathies such as proximal plantar fasciitis of the heel, lateral epicondylitis of the elbow, calcific or non-calcific tendonitis of the shoulder and patellar tendinopathy etc. The clinical documentation failed to indicate the patient had the above conditions and over-use tendinopathy. The request for six sessions of Shockwave Therapy for the cervical, thoracic, and lumbar spine is not medically necessary.