

<b>Case Number:</b>	CM13-0069542		
<b>Date Assigned:</b>	01/03/2014	<b>Date of Injury:</b>	02/17/2004
<b>Decision Date:</b>	05/06/2014	<b>UR Denial Date:</b>	12/10/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/23/2013

### 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 Orthopedic Surgery, 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:

This claimant is a 62-year-old male who injured his right knee on 2/17/04. The clinical records provided for review included a recent orthopedic assessment by [REDACTED] dated 12/30/13 documenting ongoing complaints of right foot, right knee, right shoulder, and left shoulder complaints. [REDACTED] recommended continuation of conservative treatment. A previous assessment dated 11/14/13 documented continued complaints of knee pain despite conservative care of viscosupplementation and an unloader brace. The assessment documented a diagnosis of degenerative arthritis. A platelet-rich plasma injection was recommended.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **A PLATELET RICH PLASMA INJECTION FOR THE RIGHT KNEE: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines.

**Decision rationale:** The California MTUS and ACOEM Guidelines are silent on this issue. When looking at the Official Disability Guidelines, the request for a platelet-rich plasma injection to the knee for a diagnosis of degenerative arthritis is not recommended as medically

necessary. The Official Disability Guidelines do not recommend platelet-rich plasma injections for any current diagnosis of the knee, particularly degenerative arthritis. The specific request in this case would, thus, not be indicated as medically necessary.