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| <b>Case Number:</b>   | CM13-0071529 |                              |            |
| <b>Date Assigned:</b> | 01/08/2014   | <b>Date of Injury:</b>       | 12/16/2012 |
| <b>Decision Date:</b> | 04/25/2014   | <b>UR Denial Date:</b>       | 12/11/2013 |
| <b>Priority:</b>      | Standard     | <b>Application Received:</b> | 12/27/2013 |

### 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 Family Practice and is licensed to practice in Texas. 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 40-year-old male who reported an injury on 12/16/2012. The mechanism of injury was noted to be the patient was kneeling down at work and moved to change direction and felt a pop in his knee. The patient had an arthroscopic partial medial meniscectomy on 03/21/2013. The patient's diagnoses include left knee pain, left medial meniscus tear, and postoperative chronic pain syndrome of the left knee. The request was made for 3 weeks of part day treatment for the [REDACTED] interdisciplinary pain rehabilitation from Tuesday through Friday, 9 to 4, equating to 2 full weeks.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Three (3) weeks of part day HELP Interdisciplinary Pain Rehabilitation Program:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines FRP, Chronic Pain Program, Functional Restoration Program Page(s): 30-32.

**Decision rationale:** California MTUS Guidelines indicate that the criteria for entry into a functional restoration program includes an adequate and thorough evaluation that has been made including baseline functional testing so follow-up with the same test can note functional

improvement, documentation of previous methods of treating chronic pain have been unsuccessful and there is an absence of other options likely to result in significant clinical improvement, documentation of the patient's significant loss of the ability to function independently resulting from the chronic pain, documentation that the patient is not a candidate for surgery or other treatments would clearly be warranted, documentation of the patient having motivation to change and that they are willing to forego secondary gains including disability payments to effect this change, and negative predictors of success has been addressed. Additionally it indicates the treatment is not suggested for longer than 2 weeks without evidence of demonstrated efficacy as documented by subjective and objective gains. The clinical documentation submitted for review indicated the patient met the above recommendations. However, the request as submitted exceeded guideline recommendations. Given the above, the request for 3 weeks of part day [REDACTED] interdisciplinary pain rehabilitation program is not medically necessary.