

<b>Case Number:</b>	CM13-0071825		
<b>Date Assigned:</b>	01/08/2014	<b>Date of Injury:</b>	03/13/2010
<b>Decision Date:</b>	04/22/2014	<b>UR Denial Date:</b>	12/17/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/30/2013

### 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 and Rehabilitation, has a subspecialty in Pain Management, 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 is a patient with a date of injury of 4/13/10. A utilization review determination dated 12/17/13 recommends non-certification of OT (occupational therapy)/rehab therapy x 18 visits. On 12/18/13, medical report identifies that the patient had a sudden onset of right knee pain and swelling with no trauma. Range of motion (ROM) is more limited. There is also what appears to be numbness and tingling in the bilateral hands. On exam, there is warmth and swelling of the knee. Extension is full and flexion is limited to 45 degrees. There is positive Tinel's and Phalen's.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **OCCUPATIONAL THERAPY/REHAB THERAPY FOR 18 VISITS:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Physical Medicine Page(s): 98-99.

**Decision rationale:** Regarding the request for Occupational Therapy/Rehab therapy for 18 visits, the California MTUS cites that "patients are instructed and expected to continue active therapies at home as an extension of the treatment process in order to maintain improvement levels." Within the documentation available for review, there is documentation of completion of prior

therapy sessions, but there is no documentation of specific deficits that cannot be addressed within the context of an independent home exercise program, yet are expected to improve with formal supervised therapy. Furthermore, the California MTUS supports only up to 10 sessions for this injury and, unfortunately, there is no provision for modification of the current request. In light of the above issues, the currently requested Occupational Therapy/Rehab therapy for 18 visits is not medically necessary.