

<b>Case Number:</b>	CM14-0005858		
<b>Date Assigned:</b>	02/05/2014	<b>Date of Injury:</b>	11/04/2009
<b>Decision Date:</b>	08/07/2014	<b>UR Denial Date:</b>	12/18/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/15/2014

### 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, has a subspecialty in Pain 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:

This is a 25-year-old male with an 11/4/2009 date of injury, when he was pushing a heavy cart and felt a pop in the knee. 12/18/13 determination was non-certified given no clear rationale for the requested injection or how the injection is expected to benefit the patient. 1/8/14 and 12/18/13 medical reports identified knee range of motion within normal limits. There is positive Apley's test in the left knee and decreased light touch sensation in the left knee and decreased light touch sensation in the left knee.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **2 PLATELET RICH PLASMA INJECTIONS:** 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) Knee and Leg Chapter, Platelet-rich plasma (PRP).

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee and Leg Chapter, Platelet-rich plasma (PRP).

**Decision rationale:** ODG states that PRP is a promising therapy for sports injuries, but more studies are needed to clarify the specific indications. Given no consistent evidence based

medicine supporting the use of platelet rich plasma injections for knee injuries, the medical necessity was not substantiated. Therefore the request is not medically necessary and appropriate.