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| <b>Case Number:</b>   | CM14-0008911 |                              |            |
| <b>Date Assigned:</b> | 02/14/2014   | <b>Date of Injury:</b>       | 08/16/2003 |
| <b>Decision Date:</b> | 07/30/2014   | <b>UR Denial Date:</b>       | 01/15/2014 |
| <b>Priority:</b>      | Standard     | <b>Application Received:</b> | 01/23/2014 |

### 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 Anesthesiology, has a subspecialty in Pain Management and is licensed to practice in Tennessee. 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 27-year-old male with a 8/16/03 date of injury caused by lifting. In a 11/12/13 progress note, the patient felt that 4 weeks into the Functional Restoration Program, there was a 60% reduction in the patient's initial symptoms of anxiety and depression, improvement in mood and mental status, and better ability to cope and manage chronic pain. Objective findings show improvement in bilateral lower extremity gluteus medius strength and ability to perform 100 % ROM in both squat and lunge and lifts from floor to waist and waist to shoulder. Diagnostic impression: Failed lumbar fusion surgery syndrome, reactive depression, insomnia Treatment to date: medication management, activity modification, Functional Restoration Program, facet injections, physical therapy, psychotherapy, and femoral nerve blocks. A UR decision dated 1/15/14 modified the request for 10 days participation in a functional restoration program to 5 days. The patient has already completed 20 days of a functional restoration program. While there is documentation of subjective and objective gains from previous FRP sessions, the requested 10 days participation in a functional restoration program, in addition to the completed sessions, is in excess of guidelines, which recommend 20 sessions.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**10 DAYS PARTICIPATION IN A FUNCTIONAL RESTORATION PROGRAM:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 31-32.

**Decision rationale:** CA MTUS Chronic Pain Medical Treatment Guidelines support continued FRP participation with demonstrated efficacy as documented by subjective and objective gains. Additionally, MTUS states that total treatment duration should generally not exceed 20 sessions without a clear rationale for the specified extension and reasonable goals to be achieved. The patient has already completed 20 sessions. There are no clear reasons why further goals cannot be achieved without the additional 10 sessions requested. The endpoint goals of treatment are not clearly defined in the submitted records. A peer-to-peer conversation documented in the UR decision on 1/15/14 stated that the patient didn't seem to catch on to the program until the last week of the program and that's why the request was modified authorizing 5 sessions. An additional 10 sessions would be a total of 30 sessions and would far exceed guideline recommendations. There is no clear rationale provided as to why the patient needs another 10 sessions when he has already had 20 sessions. Therefore, the request for 10 Days Participation In A Functional Restoration Program, as submitted, was not medically necessary.