

<b>Case Number:</b>	CM14-0105092		
<b>Date Assigned:</b>	07/30/2014	<b>Date of Injury:</b>	06/03/2010
<b>Decision Date:</b>	09/15/2014	<b>UR Denial Date:</b>	06/24/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/07/2014

### 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 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:

According to the records made available for review, this is a 53-year-old male with a 6/3/10 date of injury. At the time (6/24/14) of the Decision for platelet rich plasma injection to left knee, there is documentation of subjective (medial-sided symptoms in the left knee, some aggravation posteriorly about the knee) and objective (tenderness to palpation of the medial joint line) findings, current diagnoses (tear of medial cartilage or meniscus of knee, synovitis and tenosynovitis unspecified, synovial cyst of popliteal space, and osteochondrosis of lower extremity), and treatment to date (medication and cortisone injection).

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **Platelet Rich Plasma Injection to Left Knee: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Other Literature Arthroscopy 209 Nov 25 (11):1206-13 dpi 10.10.16/j.arthro 2009.06.002.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee, Platelet-Rich Plasma Therapy.

**Decision rationale:** The Expert Reviewer's decision rationale: MTUS does not address this issue. ODG identifies that platelet-rich plasma therapy to the knee is under study therefore, based on guidelines and a review of the evidence, the request for platelet rich plasma injection to left knee is not medically necessary.