

Case Number:	CM14-0109878		
Date Assigned:	09/16/2014	Date of Injury:	03/22/2013
Decision Date:	10/27/2014	UR Denial Date:	06/27/2014
Priority:	Standard	Application Received:	07/15/2014

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 Orthopedic Surgery, has a subspecialty in Spine surgery and is licensed to practice in South Dakota. 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 injured worker is a 27 year-old female who was injured on March 22, 2013. The mechanism of injury was the claimant struck on the back of the heel. The diagnosis is listed as sprains and strains of ankle and foot (845). The most recent progress note dated 4/29/14, reveals complaints of continued pain. Prior treatment includes Ritchie brace to the left ankle with some improvement but continues pain, unknown surgery on Achilles in July 2012, cam walker, physical therapy, and rest. Physical examination reveals posterior Achilles' incision approximately 4 to 4 centimeter in length with scarring, scar is intact, tenderness along the mid-portion of the Achilles tendon, no tenderness to the retro calcaneal region, Thompson sign was positive indicating that the Achilles tendon was intact, adequate ankle push off. Clinical note dated 9/12/14 revealed complaints of pain about the left Achilles area, along with swelling, pain increases with weight bearing and use throughout the day, and weight gain of 30 to 40 pounds was noted. Physical examination reveals a well healed surgical incision site over the Achilles area, skin is intact, complaints of pain with motion, mild effusion present, tenderness to palpation is present over the mid-substance of the Achilles and Achilles tendon insertion; left ankle range of motion dorsiflexion 15 degrees (normal is 15 degrees), plantar flexion left 30 degrees (normal is 50 degrees), subtalar joint of ankle eversion 5 degrees (normal is 20 degrees), inversion 5 degrees (normal is 35 degrees). Prior utilization review determination dated 6/27/14, resulted in denial of platelet rich plasma injection to the Achilles tendon.

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 the achilles' tendon: 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: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation OFFICIAL DISABILITY GUIDELINES (ODG)
PLASMA RICH INJECTIONS

Decision rationale: MTUS does not address. ODG states platelet-rich plasma injection is not recommended as recent literature shows it is no better than placebo. Medical necessity has not been established.