

<b>Case Number:</b>	CM14-0012363		
<b>Date Assigned:</b>	06/04/2014	<b>Date of Injury:</b>	08/23/2011
<b>Decision Date:</b>	07/25/2014	<b>UR Denial Date:</b>	01/30/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/30/2014

### 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 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:

The patient is a 55-year-old female who sustained an injury on 08/23/11. The medical records provided for review document that the claimant has undergone left knee surgery since her injury including a recent left knee arthroscopy, partial medial meniscectomy, microfracture of the medial femoral condyle, and lateral chondroplasty with removal of a loose body on 08/30/13 at which time Grade 3-4 changes in the lateral and patellar compartments were visualized. This request is for twenty-one day rental extension for postoperative use of the game ready device.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **21 DAYS RENTAL EXTENSION VASOPNEUMATIC COMPRESSION AND COLD THERAPY SYSTEM (GAME READY) LEFT KNEE: Upheld**

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 367-377. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Shoulder Chapter, Venous Thrombosis.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Treatment in Worker's Comp, 18th Edition, 2013 Updates: knee procedure - Game Ready accelerated recovery system Recommended as an option after surgery, but not for nonsurgical treatment. See Continuous-flow cryotherapy. The Game Ready system combines Continuous-flow cryotherapy

with the use of vasocompression. While there are studies on Continuous-flow cryotherapy, there are no published high quality studies on the Game Ready device or any other combined system. However, in a recent yet-to-be-published RCT, patients treated with compressive cryotherapy after ACL reconstruction had better pain relief and less dependence on narcotic use than patients treated with cryotherapy alone. (Waterman, 2011).

**Decision rationale:** Based on Official Disability Guidelines as the California MTUS and ACOEM Guidelines do not address this request, twenty-one day extension rental of the Game Ready device cannot be recommended as medically necessary. The ODG Guidelines recommend that following knee surgery, cryotherapy devices are used for up to seven days after the surgical procedure. There is no documentation in the records provided for review to indicate why the twenty-one day extension is necessary or beneficial for this claimant. In absence of this information, the specific request for a twenty-one day rental extension would exceed the ODG Guidelines and thus would not be indicated as medically necessary.