

<b>Case Number:</b>	CM14-0013676		
<b>Date Assigned:</b>	02/26/2014	<b>Date of Injury:</b>	05/23/2012
<b>Decision Date:</b>	08/06/2014	<b>UR Denial Date:</b>	01/21/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	02/03/2014

### 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 injured worker is a 53-year-old gentleman who was reportedly injured on May 23, 2012. The mechanism of injury is not listed in these records reviewed. The most recent progress note, dated January 13, 2014, indicates that there are ongoing complaints of left leg and left Achilles tendon. The physical examination demonstrated tenderness over the left Achilles tendon with fusiform swelling. There was also tenderness over the IT band of the left and right hips as well as tenderness over the medial and lateral joint lines of left knee. The treatment plan included platelet-rich plasma injections for the left Achilles tendon. Previous treatment includes Prednisone. A request had been made for a left Achilles tendon platelet rich plasma injection and was not certified in the pre-authorization process on January 21, 2014.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **1 LEFT ACHILLES PLATELET RICH PLASMA INJECTION:** Upheld

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Ankle and foot, Platelet rich plasma, Update d July 29, 2014.

**Decision rationale:** According to the Official Disability Guidelines platelet rich plasma injections are not recommended for use as there are no high quality studies that show their efficacy is any better than placebo. Furthermore there is no documentation of other conservative treatment rendered previously. As such, this request is not medically necessary.