

<b>Case Number:</b>	CM14-0018205		
<b>Date Assigned:</b>	04/21/2014	<b>Date of Injury:</b>	05/15/2013
<b>Decision Date:</b>	07/02/2014	<b>UR Denial Date:</b>	01/29/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	02/13/2014

### 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 Internal Medicine, 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 35-year-old who reported an injury on May 15, 2013 after a slip and fall. The patient reportedly sustained an injury to his low back and bilateral knees. The injured worker's treatment history included chiropractic care for the lumbar spine, acupuncture, shockwave therapy, massage, traction, ultrasound, home exercise program, and a TENS unit. The injured worker was evaluated on January 17, 2014. It was documented that the injured worker had 5/10 pain of the bilateral knees. Physical findings of the right knee included mild swelling with tenderness upon palpation and decreased range of motion with a positive anterior drawer test, a positive posterior drawer test, and a positive Apley's compression test. Evaluation of the left knee documented mild swelling, and tenderness to palpation with decreased range of motion. It was noted that the injured worker had a positive anterior drawer's test and positive posterior drawer's test of the left knee. The injured worker's diagnoses included traumatic moderate repetitive lumbar spine sprain/strain, traumatic moderate repetitive bilateral knee sprain/strain, anxiety, depression and stress, and nightly sleep disturbances. The injured worker's treatment plan included bilateral MRIs of the knees.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**MRI OF THE RIGHT KNEE:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS ACOEM Chapter 13 Knee Complaints  
Page(s): 341-345.

**Decision rationale:** The injured worker is a 35-year-old who reported an injury on May 15, 2013 after a slip and fall. The patient reportedly sustained an injury to his low back and bilateral knees. The injured worker's treatment history included chiropractic care for the lumbar spine, acupuncture, shockwave therapy, massage, traction, ultrasound, home exercise program, and a TENS unit. The injured worker was evaluated on January 17, 2014. It was documented that the injured worker had 5/10 pain of the bilateral knees. Physical findings of the right knee included mild swelling with tenderness upon palpation and decreased range of motion with a positive anterior drawer test, a positive posterior drawer test, and a positive Apley's compression test. Evaluation of the left knee documented mild swelling, and tenderness to palpation with decreased range of motion. It was noted that the injured worker had a positive anterior drawer's test and positive posterior drawer's test of the left knee. The injured worker's diagnoses included traumatic moderate repetitive lumbar spine sprain/strain, traumatic moderate repetitive bilateral knee sprain/strain, anxiety, depression and stress, and nightly sleep disturbances. The injured worker's treatment plan included bilateral MRIs of the knees.