

Case Number:	CM14-0127937		
Date Assigned:	08/15/2014	Date of Injury:	03/25/2013
Decision Date:	09/11/2014	UR Denial Date:	08/01/2014
Priority:	Standard	Application Received:	08/11/2014

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 Family Medicine, has a subspecialty in Clinical Informatics and is licensed to practice in Pennsylvania. 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:

On March 25, 2013, this worker fell as she attempted to flee from a student who lunged at her. As a result, she twisted her left foot. An x-ray at that time was negative and she was diagnosed with a severe sprain. On July 25, 2013, she had surgery to excise avulsion of the left fibula and to repair ankle ligament. She has also received physical therapy, corticosteroid injections, anti-inflammatories and orthotics. At a podiatry visit on July 15, 2014 for follow-up of her painful left foot and ankle she was reporting that she still was having pain and tenderness along the peroneal tendon and in the ankle of the joint of the left foot. Physical examination revealed "pain and swelling along the tendon due to compensation from the ankle ligament injury she sustained. Plasma rich platelet injection was recommended to get her chronic tendonitis under control.

IMR ISSUES, DECISIONS AND RATIONALES

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

Platelet rich plasma (PRP) injection, left ankle quantity 1.00: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Section: Ankle, Topic: Platelet-rich plasma.

Decision rationale: Platelet-rich plasma in the treatment of ankle pain is not recommended. It has been shown that this treatment is no better than placebo. Therefore, the request is not medically necessary.