

<b>Case Number:</b>	CM14-0134737		
<b>Date Assigned:</b>	08/27/2014	<b>Date of Injury:</b>	04/15/2013
<b>Decision Date:</b>	09/26/2014	<b>UR Denial Date:</b>	07/30/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	08/21/2014

### 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 Chiropractic and Acupuncture 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 31 year old female who reported left arm/wrist pain from injury sustained on 04/15/13 while picking up an infant. There were no diagnostic imaging reports. Patient is diagnosed with De Quervain's syndrome and Bilateral Carpal Tunnel Syndrome. Patient has been treated with medication, physical therapy and acupuncture. Patient is currently pregnant. Per medical notes dated 06/05/14, patient complains of intermittent moderate sharp right wrist pain with numbness of hands and fingers. Patient complains of intermittent mild sharp left wrist pain. Examination revealed tenderness to palpation of dorsal wrist. Per medical notes dated 07/17/14, patient complains of intermittent moderate sharp right wrist pain with numbness of hand and fingers. Patient complains of intermittent mild sharp left wrist pain. There is tenderness to palpation of the dorsal wrist. Pain is rated at 4/10 and patient has not improved significantly. Provider is requesting additional 1-2X4 acupuncture visits. There is no assessment in the provided medical records of functional efficacy with prior acupuncture visits. Patient hasn't had any long term symptomatic or functional relief with acupuncture care. Medical reports reveal little evidence of significant changes or improvement in findings, revealing a patient who has not achieved significant objective functional improvement to warrant additional treatment.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**ACUPUNCTURE, INFRARED WITH STIM, LEFT WRIST:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Acupuncture Treatment Guidelines.

**MAXIMUS guideline:** Decision based on MTUS Acupuncture Treatment Guidelines. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG).

**Decision rationale:** Per MTUS- Section 9792.24.1 Acupuncture Medical treatment Guidelines page 8-9. "Acupuncture is used as an option when pain medication is reduced and not tolerated, it may be used as an adjunct to physical rehabilitation and/or surgical intervention to hasten functional recovery". "Time to produce function improvement: 3-6 treatments. 2) Frequency: 1-3 times per week. 3) Optimum duration: 1-2 months. Acupuncture treatments may be extended if functional improvement is documented". Patient has had prior acupuncture treatment. There is no assessment in the provided medical records of functional efficacy with prior acupuncture visits. Medical reports reveal little evidence of significant changes or improvement in findings, revealing a patient who has not achieved significant objective functional improvement to warrant additional treatment. Additional visits may be rendered if the patient has documented objective functional improvement. Per MTUS guidelines, Functional improvement means either a clinically significant improvement in activities of daily living or a reduction in work restrictions as measured during the history and physical exam or decrease in medication intake. Furthermore Official Disability Guidelines do not recommend acupuncture for hand/wrist and forearm pain. Per review of evidence and guidelines, Acupuncture, Infrared with Stim, for the left wrist 1-2 times 4 weeks are not medically necessary.