

Case Number:	CM14-0135714		
Date Assigned:	08/29/2014	Date of Injury:	01/24/2013
Decision Date:	10/23/2014	UR Denial Date:	07/25/2014
Priority:	Standard	Application Received:	08/22/2014

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 Physical Medicine and Rehabilitation, has a subspecialty in Pain Management 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:

This is a female patient on the date of injury of January 24, 2013. A utilization review determination dated July 25, 2014 recommends non-certification of a gym membership for six months. A progress note dated July 17, 2014 identifies subjective complaints of back pain, bilateral knee pain left greater than right, difficulty walking and standing, the patient uses a cane, and has difficulty walking more than several hundred feet before she has to sit down. The patient reports that she has made progress in a functional restoration program and knows what exercise she needs to accomplish. Physical examination identifies that the patient has an antalgic gait and uses a cane, straight leg raise is positive on the right, there is spasm and guarding in the lumbar spine, the left knee has significant joint line tenderness, and there is a small amount of effusion in the left knee. The diagnoses include pain in joint of the lower leg, status post bilateral total knee arthroplasty, lumbar disc displacement without myelopathy, lumbar degenerative disc disease, lumbar spinal stenosis, and lumbago. The treatment plan recommends a request for authorization for a six-month gym membership.

IMR ISSUES, DECISIONS AND RATIONALES

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

Gym membership for 6 months: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Low Back Chapter, Gym Memberships

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines 8 C.C.R. 9792.20 - 9792.26 Page(s): 46-47 of 127. Decision based on Non-MTUS Citation Low Back Chapter, Gym Memberships

Decision rationale: Regarding the request for a gym membership for 6 months, Chronic Pain Medical Treatment Guidelines state that exercise is recommended. They go on to state that there is no sufficient evidence to support the recommendation of any particular exercise regimen over any other exercise regimen. ODG states the gym memberships are not recommended as a medical prescription unless a documented home exercise program with periodic assessment and revision has not been effective and there is a need for equipment. Plus, treatment needs to be monitored and administered by medical professionals. With unsupervised programs there is no information flow back to the provider, so he or she can make changes in the prescription, and there may be a risk of further injury to the patient. Within the documentation available for review, there is no indication that the patient has failed a home exercise program with periodic assessment and revision. Additionally, there is no indication that the patient has been trained on the use of gym equipment, or that the physician is overseeing the gym exercise program. In the absence of such documentation, the currently requested gym membership for 6 months is not medically necessary.