

Case Number:	CM14-0157166		
Date Assigned:	09/30/2014	Date of Injury:	01/10/2013
Decision Date:	10/28/2014	UR Denial Date:	09/17/2014
Priority:	Standard	Application Received:	09/25/2014

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 Occupational 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:

There were 71 pages for this review. It was signed on September 19, 2014. The issue was plasma which platelet injection to the left foot. The claimant is described as a 30-year-old male assistant manager who had a work-related injury on January 10, 2013 while he was helping to unload a safe onto a dolly. The dolly rolled over his foot with the safe on (weight about 400 pounds). A cortisone injection was not helpful. X-rays of the left ankle were negative for any stress fracture or fracture of the metatarsal or the left heel. The claimant is receiving sclerosing injections for his neuroma. There is pain along the heel with the first step in the morning and biscuits better throughout the day. This injection would be to the plantar fascia to decrease swelling and edema and to avoid surgical intervention.

IMR ISSUES, DECISIONS AND RATIONALES

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

Plasma rich platelet injection to left foot: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines-Treatment Integrated Treatment/Disability Duration Guidelines Ankle & Foot (Acute & Chronic) (updated 7/29/14)

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Foot and Ankle, Regarding Platelet Rich Plasma Injection

Decision rationale: The ODG notes regarding Platelet-rich plasma (PRP). Not recommended. PRP looks promising, but it was not yet ready for prime time. PRP had become popular among professional athletes because it promises to enhance performance, but there was no science behind it yet. In a blinded, prospective, randomized trial of PRP vs. placebo in patients undergoing surgery to repair a torn rotator cuff, there was no difference in pain relief or in function. The only thing that was significantly different was the time it took to do the repair; it was longer if you put PRP in the joint. There were also no differences in residual defects on MRI. Given the procedure is not fully validated, the request for Plasma Rich Platelet Injection to Left Foot is not medically necessary.