

Case Number:	CM14-0159798		
Date Assigned:	10/31/2014	Date of Injury:	05/10/2013
Decision Date:	12/08/2014	UR Denial Date:	09/23/2014
Priority:	Standard	Application Received:	09/29/2014

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 New York. 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 patient is a 51 year old female with a date of injury of 05/10/2013. She stepped out of an office chair and noted that her right kneecap went laterally (patella subluxation). She had chondromalacia patella and had a right knee arthrogram. On 05/29/2014 she had right knee pain, 10/10. Her right knee range of motion was normal. There was a 1+ right knee effusion. Gait was normal. Strength was normal. She had right median joint line tenderness. Patella grind and apprehension tests were negative. Ligament exam tests were negative. She had a Kenalog injection to her right knee that day and she was sent for physical therapy. On 08/28/2014 it was noted that she had only mild relief from Kenalog injection. She completed 8 visits of physical therapy since 05/29/2014. There was no documentation of a knee effusion. On 09/03/2014 she had another office visit. On 07/03/2014 a right knee MRI revealed chondromalacia patella. Ligaments were normal. She had no effusion. There was medial joint line tenderness.

IMR ISSUES, DECISIONS AND RATIONALES

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

Monovisc 4ml/22mg injection for the right knee: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Knee & Leg (Acute & Chronic)

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) 2014 Knee, Hyaluronic acid injections

Decision rationale: The ODG 2014, Knee, hyaluronic acid injections: "Recommended as a possible option for severe osteoarthritis for patients who have not responded adequately to recommended conservative treatments (exercise, NSAIDs or acetaminophen), to potentially delay total knee replacement, but in recent quality studies the magnitude of improvement appears modest at best. The combined use of hyaluronate injections with a home exercise program should be considered for management of moderate-to-severe pain in patients with knee osteoarthritis. She is 51 years old and does not have severe osteoarthritis. She has no FDA approved indication for the requested medication. Chondromalacia is not an indication. As such, the request is not medically necessary.