

Case Number:	CM14-0175917		
Date Assigned:	10/29/2014	Date of Injury:	01/24/2014
Decision Date:	12/05/2014	UR Denial Date:	10/10/2014
Priority:	Standard	Application Received:	10/23/2014

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 Preventive 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:

According to the records made available for review, this is a 56-year-old female with a 1/24/14 date of injury. At the time (9/29/14) of request for authorization for PRP injection (1) or Cortisone injections (3 injections spaced 1-2 weeks apart), there is documentation of subjective (right heel and ankle pain) and objective (tenderness over the posterior right heel at the Achilles insertion, prominent bone in the posterior right calcaneus, and no joint crepitation) findings, current diagnoses (right posterior calcaneal contusion, right Haglund's deformity, and right Achilles insertional tendinitis with partial tearing), and treatment to date (medications and physical therapy). Regarding cortisone injection, there is no documentation of Morton's neuroma, plantar fasciitis, or heel spur.

IMR ISSUES, DECISIONS AND RATIONALES

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

PRP injection (1) or Cortisone injections (3 injections spaced 1-2 weeks apart): 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), Ankle and Foot

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 371. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Ankle and Foot, Platelet-Rich Plasma (PRP)

Decision rationale: Specifically regarding platelet-rich plasma, MTUS does not address this issue. ODG identifies that platelet-rich plasma therapy to the ankle/foot is not recommended. Specifically regarding cortisone injection, MTUS reference to ACOEM identifies documentation of Morton's neuroma, plantar fasciitis, or heel spur despite failure of four to six weeks of conservative therapy, as criteria necessary to support the medical necessity of corticosteroid injection to the foot/ankle. Within the medical information available for review, there is documentation of diagnoses of right posterior calcaneal contusion, right Haglund's deformity, and right Achilles insertional tendinitis with partial tearing. In addition, there is documentation of failure of four to six weeks of conservative therapy. However, there is no documentation of Morton's neuroma, plantar fasciitis, or heel spur. Therefore, based on guidelines and a review of the evidence, the request PRP injection (1) or Cortisone injections (3 injections spaced 1-2 weeks apart) is not medically necessary.