

<b>Case Number:</b>	CM14-0022235		
<b>Date Assigned:</b>	05/09/2014	<b>Date of Injury:</b>	08/28/2009
<b>Decision Date:</b>	08/04/2014	<b>UR Denial Date:</b>	02/07/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	02/21/2014

### 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 Anesthesiology, has a subspecialty in Pain Management and is licensed to practice in Tennessee. 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 55 year old male with an 8/28/09 date of injury. The patient slipped off a ladder falling onto the floor and briefly lost consciousness sustaining injuries to the neck and back. He has ongoing complaints of chronic headaches, neck pain with radiculopathy to the upper extremities and low back pain. The patient was seen on 11/26/13 with complaints of left knee pain, 3/10. Exam findings of the left knee revealed crepitus, click, and tenderness to palpation. The request was for a platelet rich plasma stem cell injection to the left knee to put off an arthroscopic procedure. Treatment to date: medication management. A UR decision dated 2/7/14 denied the request given platelet rich plasma stem cell injections are under study and considered experimental.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**PLATELET RICH PLASMA (PRP) STEM CELL INJECTION LEFT KNEE:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ODG Knee & Leg.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) (Knee and Leg Chapter-Platelet Rich Plasma).

**Decision rationale:** The ODG states that PRP injections to the knees are under study. After 2 decades of clinical use, results of PRP therapy are promising but still inconsistent. PRP is still considered investigational and further research is needed before it can be made available to the general population. There is no documentation of prior therapy to the left knee despite medications. The rationale for the platelet rich plasma stem cell injection is to put off an arthroscopic procedure of the left knee, however it is unclear why the patient needs an arthroscopic procedure given the clinical exam findings term sparse. In addition ODG considers platelet rich plasma stem cell injections investigational and are currently not supported. Therefore, the request is not medically necessary and appropriate.