

Case Number:	CM14-0028425		
Date Assigned:	06/16/2014	Date of Injury:	07/14/2008
Decision Date:	07/16/2014	UR Denial Date:	02/13/2014
Priority:	Standard	Application Received:	03/06/2014

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 & Rehabilitation and is licensed to practice in Texas. 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 65 year old male who was injured on 07/14/2008 when he fell while he was standing on a chair and landed on his back. Progress report dated 01/16/2014 does not include any subjective complaints; however, the patient states he has lost 8 pounds since starting AppTrim. Objective findings on lumbar spine examination reveal lumbar spine tenderness with limited range of motion. There is bilateral positive straight leg raise. The right knee reveals tenderness and positive McMurray's sign. Examination of the cervical spine reveals tenderness over the spine and trapezius and interscapular muscles with limited range of motion.

IMR ISSUES, DECISIONS AND RATIONALES

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

WEIGHT LOSS PROGRAM FOR 10 WEEKS: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Medical Disability Advisor.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation
[HTTP://WWW.NCBI.NLM.NIH.GOV/PUBMED/22334258](http://www.ncbi.nlm.nih.gov/pubmed/22334258).

Decision rationale: The issue of dispute is neither addressed specifically by the MTUS nor by the ODG guidelines. The available medical records do not document detailed information about

the patient's overweight or obesity issue. They do not address the body mass index (BMI). Furthermore, there is no documentation indicating the failure of self-weight reduction methods. Therefore, the medical necessity of the requested weight loss program for 10 weeks has not been established.