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| Case Number: | CM14-0032106 | | |
| Date Assigned: | 06/20/2014 | Date of Injury: | 02/17/2004 |
| Decision Date: | 07/17/2014 | UR Denial Date: | 02/27/2014 |
| Priority: | Standard | Application Received: | 03/14/2014 |

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 and Ohio. 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 Injured worker is a 67 year old male who reported an injury on 02/17/2004 due to unknown mechanism. The injured worker complained of pain to right knee and left knee. On physical exam dated 02/10/2014, the injured worker had a crepitus with motion of his left knee and tendons insertions about the anterior foot and medial foot. No clinical documentation of the medications or the injured workers diagnoses on provider visit dated 02/10/2014. The treatment plan was for platelet rich plasma injection right ankle.

IMR ISSUES, DECISIONS AND RATIONALES

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

Platelet rich plasma injection right ankle: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Ankle and foot, Platelet rich plasma.

Decision rationale: The Official Disability Guidelines states that platelet rich plasma is not recommended. Recent higher quality evidence shows this treatment to be no better than placebo. The first high quality study (an RCT in JAMA) concluded that injections of platelet-rich plasma

(PRP) for chronic Achilles tendon disorder, or tendinopathy (also known as tendinitis), does not appear to reduce pain or increase activity more than placebo. Guidelines indicate that platelet rich plasma is not recommended. As such the request for the platelet rich plasma injection right ankle is not medically necessary.