

Case Number:	CM14-0033479		
Date Assigned:	06/20/2014	Date of Injury:	12/14/1983
Decision Date:	07/18/2014	UR Denial Date:	03/05/2014
Priority:	Standard	Application Received:	03/17/2014

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 and Rehabilitation 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:

This is a 59-year old gentleman with a date of injury of 12/14/83. Mechanism of injury is not disclosed in the submitted records. The patient has injury to the neck that radiates to the right arm. The patient has had extensive prior care including an unspecified shoulder surgery. The patient is noted to have recently retired from work. He has ongoing chronic neck and right arm pain. A gym membership was requested and this was submitted to Utilization Review with a decision rendered on 3/05/14. The reviewing physician did not approve of the request for a gym membership.

IMR ISSUES, DECISIONS AND RATIONALES

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

Gym membership for one year: 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).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Low Back, Gym memberships.

Decision rationale: ACEOM and the CA MTUS are silent on this issue, therefore, consider ODG. Gym memberships are not medical treatment or standard of care, and unsupervised

exercise in patients with medical issues and no direct feedback to the healthcare provider can result in worsening of the condition. Gym memberships are not recommended by guidelines and are not required for an effective home exercise program. A gym membership is not medically necessary.