

Case Number:	CM14-0037603		
Date Assigned:	06/27/2014	Date of Injury:	02/08/2010
Decision Date:	08/19/2014	UR Denial Date:	03/18/2014
Priority:	Standard	Application Received:	03/28/2014

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 Family Medicine and is licensed to practice in North Carolina. 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 claimant is a 24 year old man with injury from repetitive twisting and lifting. He is treated for herniated lumbar disc with radiculopathy. He has been treated with physical therapy, chiropractic therapy, Transcutaneous Electrical Nerve Stimulation (TENS) units, activity modification, and medications including ibuprofen, Flexeril and acetaminophen. Lumbar steroid injections are considered. The request is for [REDACTED] Luxury Twin XL mattress.

IMR ISSUES, DECISIONS AND RATIONALES

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

[REDACTED] Luxury Twin XL Mattress: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Low Back (updated 02/13/14): Mattress Selection.

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, Mattress Selection.

Decision rationale: The California MTUS and ACOEM are silent on the topic of mattress selection. The ODG section on low back states there are no high quality studies to support the

purchase of any specialized mattress or bedding for treatment of low back pain. The purchase of a Comfort Prodigy Luxury Twin XL mattress is not medically necessary.