

<b>Case Number:</b>	CM14-0052105		
<b>Date Assigned:</b>	07/07/2014	<b>Date of Injury:</b>	02/24/2012
<b>Decision Date:</b>	08/29/2014	<b>UR Denial Date:</b>	04/14/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	04/21/2014

### 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 Family Medicine, 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 35 year old female reported an industrial injury to the foot on 2/24/2012; over two years ago attributed to the performance of her job tasks as a RN. The patient reported continuous trauma to her bilateral feet due to performance of her job duties. The patient has been treated with physical therapy; medications and custom orthotics. The objective findings on examination included a longer second toe; bilateral foot pain; dorsal and plantar tenderness of the left metatarsophalangeal joint disorders (MTP) with minimal right MTP joint tenderness. The patient was treated with a Platelet rich plasma injection to the left MTP joint. A second Platelet Rich Plasma PRP injection was requested without documenting any functional improvement from the first injection.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Platelet Rich Plasma Injection x 1 to the left 2nd metatarsophalangeal joint:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines: Ankle and Foot Chapter: Platelet-rich plasma (PRP).

**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 chapter Platelet rich plasma injections.

**Decision rationale:** There is insufficient evidence to support the use of injections with platelet rich plasma for the treatment of the feet or ankles and the ODG recommend against the use of this treatment modality. The provider has provided no subjective/objective evidence to support the medical necessity of the use of the PRP injections other than the provided anecdotal evidence cited from the literature. There is no provided objective peer reviewed evidence accepted by the national medical community to override the recommendations of the evidence based guidelines. The patient was requested to have a repeated PRP injection to the left second metatarsophalangeal joint to the left foot. The request was made without documentation of any functional improvement from a previously provided PRP injection to the left second metatarsophalangeal joint. The Official Disability Guidelines report that the use of injections of Platelet rich Plasma (PRP) is under study and do not provided recommendations at this point in time. The use of PRP injections are not recommended as recent higher quality evidence has demonstrated this treatment is no better than placebo. The treatment modality is not accepted for treatment of the foot. There is no demonstrated medical necessity for PRP to the foot.