

Case Number:	CM14-0052814		
Date Assigned:	07/07/2014	Date of Injury:	10/19/2010
Decision Date:	08/06/2014	UR Denial Date:	04/11/2014
Priority:	Standard	Application Received:	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 Physical Medicine & 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:

The injured worker is a 46-year-old female who reported an injury on 10/19/2010. The mechanism of injury was trauma. Her current diagnoses include sprains and strains of the knee and leg and pain in joint of the lower leg. Her previous treatment includes medication, physical therapy, and injections. Within the most recent clinical note dated 04/03/2014, the injured worker was requesting a consultation for a platelet-rich plasma injection for her right knee. She reported that her pain level was the same and was modifying her life around her pain. The physician reported the injured worker had an arthroscopic surgery of the right knee on 05/24/2011. On examination of the right knee, the physician reported the range of motion was restricted with flexion limited to 150 degrees and there was tenderness to palpation over the medial joint line. The physician indicated the right knee was stable to valgus stress in extension and at 30%. The anterior drawer and the Lachman's tests were both negative. The physician reported there was no joint effusion indicated on examination. The physician's treatment plan included a consult with an orthopedic surgeon for platelet-rich plasma injection and medication refills. The current request is for consult with an orthopedic surgeon for platelet-rich plasma injection with the rationale not provided. The referral authorization form was supplied in the medical records dated 04/03/2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Consult with Orthopedic surgeon for platelet rich plasma injection: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ACOEM Ch. 7, page 127 of 162 - Independent Medical Examinations and Consultations.ODG Knee & Leg (Acute & Chronic): 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) Knee, Injections/Platelet-rich plasma (PRP).

Decision rationale: The request for consult with orthopedic surgeon for platelet rich plasma injection is not medically necessary. The Official Disability Guidelines state for platelet-rich plasma injections indicate they are under study. The guidelines also state this small study found a statistically significant improvement in all cores at the end of multiple platelet-rich plasma injections in patients with chronic refractory patellar tendinopathy and a further improvement was noted after 6 months with physical therapy added. In reviewing the clinical documentation it indicated that the patient continued to have chronic pain of her right knee. However, the guidelines do not support platelet rich plasma injection; therefore, the consultation with an orthopedic surgeon would also not be supported as this time. As such, the request for the consult with orthopedic surgeon for platelet rich plasma injection is not medically necessary.