

Case Number:	CM14-0053928		
Date Assigned:	07/07/2014	Date of Injury:	09/19/2012
Decision Date:	08/06/2014	UR Denial Date:	04/02/2014
Priority:	Standard	Application Received:	04/22/2014

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, has a subspecialty in Interventional Spine 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 patient is a 47-year-old male with date of injury 9/19/11. The treating physician report dated 1/22/14 indicates that the patient presents with chronic pain affecting the right shoulder. The operative report dated 10/14/13 for small supraspinatus tear indicates arthroscopic right shoulder surgery was performed with subacromial decompression and rotator cuff repair. Magnetic resonance imaging (MRI) of the cervical spine shows C3/4 stenosis with 4mm disc. The current diagnoses are status-post right shoulder arthroscopic surgery and cervical disc bulge with stenosis. The utilization review report dated 4/2/14 denied the request for 12 additional physical therapy (PT) sessions based on the rationale that the patient was outside of the MTUS post-surgical guidelines and no information was provided to indicate how many sessions had been provided.

IMR ISSUES, DECISIONS AND RATIONALES

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

Additional Physical therapy 2 times a week for 6 weeks to the cervical spine/shoulder:
Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Physical Medicine Page(s): 127. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Physical Therapy.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Physical Medicine Page(s): 98-99, Postsurgical Treatment Guidelines Page(s): 27.

Decision rationale: The patient presents with chronic neck and right shoulder pain following arthroscopic surgery of the right shoulder on 10/14/13. The current request is for additional physical therapy (PT) 2 times per week for 6 weeks to the cervical spine and shoulder. Review of the two reports submitted for review does not indicate how many post-surgical physical therapy (PT) visits the patient has completed. The 3/7/14 report states, Continue physical therapy. The 1/22/14 report states, "Patient is treating for his shoulder and has nearly completed all of his therapy. He continues to have that pain with radiation obtained the shoulder. The current request includes the post-surgical right shoulder (5 months) and the cervical spine." The MTUS Guidelines support 8-10 physical therapy (PT) sessions for myalgia/neuritis type conditions. This request is for 12 sessions, which exceeds the MTUS recommendations. The MTUS post-surgical guidelines allow up to 24 sessions of physical therapy (PT) following arthroscopic surgery for rotator cuff repair. The treating physician does not indicate how many sessions have been completed only that the therapy was nearly completed. In this case, the treating physician has requested physical therapy outside of the MTUS guidelines and has not provided any clarity on the number of post-operative visits completed. Recommendation is not medically necessary.