

Case Number:	CM14-0062152		
Date Assigned:	07/11/2014	Date of Injury:	02/11/2014
Decision Date:	08/22/2014	UR Denial Date:	04/09/2014
Priority:	Standard	Application Received:	05/05/2014

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 53-year-old male with a date of injury of 02/11/2014. The listed diagnoses per [REDACTED] are: 1. Left Achilles tendinitis. 2. Posterior tibial tendonitis. According to progress report 04/02/2014 by [REDACTED], the patient has constant pain especially with walking and stairs. The patient reported minimum relief with walker boot. Physical examination reported Achilles tenderness. This is the extent of the physical examination report. MRI of the left ankle from 03/31/2014 reported 1.4 cm area in length of mild/moderate interstitial tearing of the Achilles tendon, which was less than 50% in thickness. Request for authorization from 04/03/2014 requested 1 injection of platelet-rich plasma (PRP) injection to the left Achilles. Utilization review denied the request on 04/09/2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Platelet-Rich Plasma (PRP) Injection, to the left Achilles, QTY: 1: 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), Ankle and Foot (updated 2/20/14), 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) ODG guidelines, Pain chapter online.

Decision rationale: This patient presents with continuing pain and tenderness in the left Achilles. The treater is requesting a platelet-rich plasma injection to the left Achilles. The ACOEM and MTUS Guidelines do not discuss platelet-rich plasma injections for the ankle and foot. ODG under the ankle and foot section has the following regarding platelet-rich plasma injections, "Not recommended, with recent higher quality evidence showing this treatment to be no better than placebo. The first high quality study (an RCT in JAMA) concluded that injections of platelet-rich plasma (PRP) for chronic Achilles tendon disorder, or tendinopathy (also known as tendinitis), does not appear to reduce pain or increase activity more than placebo." In this case, ODG guidelines states Platelet rich plasma injections are no recommended. Studies concluded that PRP injections for chronic Achilles tendon disorder did not reduce pain or increase activities more than placebo. Recommendation is for denial.