

<b>Case Number:</b>	CM14-0063795		
<b>Date Assigned:</b>	07/11/2014	<b>Date of Injury:</b>	07/15/2011
<b>Decision Date:</b>	11/13/2014	<b>UR Denial Date:</b>	05/01/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/06/2014

### 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 Preventive 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:

According to the records made available for review, this is a 28-year-old male with a 7/15/11 date of injury, and status post right knee arthroscopy, debridement, partial synovectomy 7/3/12. At the time (4/30/14) of request for authorization for physical therapy 2 times a week for 4 weeks for the right knee, there is documentation of subjective (right knee pain with walking, standing, and weight bearing activities) and objective (1+ effusion, tenderness to palpation of the patellofemoral region, and pain with patellar compression) findings, current diagnoses (history of right knee arthroscopy with debridement of hypertrophic synovitis with extensive partial synovectomy in all three compartments including patellofemoral joint, chondroplasty of all three compartments, including patellofemoral joint, and partial and medial and lateral meniscectomies, 11/15/11 and 7/3/12; chondromalacia of the patellofemoral compartment, right knee, most symptomatic), and treatment to date (medications, activity modification, viscosupplementation, and physical therapy in the past). 4/15/14 medical report identifies that the patient has had increased pain, recurrent swelling and difficulty with squatting, kneeling and walking up and down stairs, and authorization is requested to undergo a brief course of physical therapy.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Physical therapy 2 times a week for 4 weeks for the right knee:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Physical medicine Page(s): 98. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee, Physical Therapy Other Medical Treatment Guideline or Medical Evidence: Title 8, California Code of Regulations, section 9792.20

**Decision rationale:** MTUS Chronic Pain Medical Treatment Guidelines support a brief course of physical medicine for patients with chronic pain not to exceed 10 visits over 4-8 weeks with allowance for fading of treatment frequency, with transition to an active self-directed program of independent home physical medicine/therapeutic exercise. MTUS-Definitions identifies that any treatment intervention should not be continued in the absence of functional benefit or improvement as a reduction in work restrictions; an increase in activity tolerance; and/or a reduction in the use of medications or medical services. ODG recommends a limited course of physical therapy for patients with a diagnosis of chondromalacia of the patella not to exceed 9 visits over 8 weeks. ODG also notes patients should be formally assessed after a "six-visit clinical trial" to see if the patient is moving in a positive direction, no direction, or a negative direction (prior to continuing with the physical therapy) and when treatment requests exceeds guideline recommendations, the physician must provide a statement of exceptional factors to justify going outside of guideline parameters. Within the medical information available for review, there is documentation of diagnoses of history of right knee arthroscopy with debridement of hypertrophic synovitis with extensive partial synovectomy in all three compartments including patellofemoral joint, chondroplasty of all three compartments, including patellofemoral joint, and partial and medial and lateral meniscectomies, 11/15/11 and 7/3/12; chondromalacia of the patellofemoral compartment, right knee, most symptomatic. In addition, there is documentation of treatment to date (physical therapy in the past). Furthermore, there is documentation of functional deficits. However, given that the request is for physical therapy 2 times a week for 4 weeks, the proposed number of visits exceeds guidelines (for an initial six-visit trial). Therefore, based on guidelines and a review of the evidence, the request for physical therapy 2 times a week for 4 weeks for the right knee is not medically necessary.