

<b>Case Number:</b>	CM14-0065314		
<b>Date Assigned:</b>	07/11/2014	<b>Date of Injury:</b>	02/01/2012
<b>Decision Date:</b>	11/26/2014	<b>UR Denial Date:</b>	04/14/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/08/2014

### 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 and Rehabilitation, has a subspecialty in Pain 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 is a patient with a date of injury of 2/1/12. A utilization review determination dated 4/14/14 recommends non-certification of physical therapy (PT). 48 PT sessions had been completed with some ROM and strength improvement. It referenced a 3/4/14 medical report identifying ROM of 0-125 degrees with tender points and crepitus. Continued PT and Synvisc were recommended.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Physical therapy 2 x 6 for the lumbar spine:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ACOEM guidelines page 114 and Non-MTUS Official Disability Guidelines (ODG), Physical Therapy Guidelines (Lumbar)

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Physical Medicine Page(s): 98-99 of 127.

**Decision rationale:** Regarding the request for physical therapy (PT), Chronic Pain Medical Treatment Guidelines recommend up to 10 sessions with continuation of active therapies at home as an extension of the treatment process in order to maintain improvement levels. Within the documentation available for review, there is documentation of completion of prior PT sessions, but there is no documentation of recent specific objective functional improvement with

the previous sessions and remaining deficits that cannot be addressed within the context of an independent home exercise program. Furthermore, the request exceeds the amount of PT recommended by the CA MTUS. In light of the above issues, the requested physical therapy is not medically necessary.

**Physical therapy 2 x 6 for the left knee:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ACOEM Guidelines page 114 and Non-MTUS Official Disability Guidelines (ODG), Physical Therapy Guidelines

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Physical Medicine Page(s): 98-99 of 127.

**Decision rationale:** Regarding the request for physical therapy (PT), Chronic Pain Medical Treatment Guidelines recommend up to 10 sessions with continuation of active therapies at home as an extension of the treatment process in order to maintain improvement levels. Within the documentation available for review, there is documentation of completion of prior PT sessions, but there is no documentation of recent specific objective functional improvement with the previous sessions and remaining deficits that cannot be addressed within the context of an independent home exercise program. Furthermore, the request exceeds the amount of PT recommended by the CA MTUS. In light of the above issues, the currently requested physical therapy is not medically necessary.