

Case Number:	CM14-0078070		
Date Assigned:	07/18/2014	Date of Injury:	09/27/2010
Decision Date:	09/23/2014	UR Denial Date:	05/02/2014
Priority:	Standard	Application Received:	05/28/2014

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 and is licensed to practice in Nevada. 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 records presented for review indicate that this 36 year-old individual was reportedly injured on 9/27/2010. The mechanism of injury is noted as a lifting injury. The most recent progress note, dated 4/14/2014, indicates that there are ongoing complaints of low back pain that radiates in the right lower extremity. No physical examination was performed on the status service. Diagnostic imaging studies include an EMG of bilateral lower extremities dated 4/3/2014 which reveals right-sided L5-S-1 radiculopathy. An MRI of the lumbar spine is also mentioned which demonstrates and L5-S-1 disc radiculopathy. Previous treatment includes medications, and conservative treatment. A request had been made for transforaminal epidural steroid injection right side L5-S-1, and was not certified in the pre-authorization process on 5/2/2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Transforaminal ESI (Epidural Steroid Injections)for the right L4, L5 and S1, QTY: 3:
Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Epidural Steroid Injections (ESI).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 46.

Decision rationale: The MTUS guidelines support epidural steroid injections when radiculopathy is documented on physical examination and corroborated by imaging and electrodiagnostic studies in individuals who have not improved with conservative care. Based on the clinical documentation provided, there is insufficient clinical evidence that the proposed procedure meets the MTUS guidelines. Specifically, there is no documentation of radiculopathy on physical exam. As such, the requested procedure is deemed not medically necessary.