

<b>Case Number:</b>	CM14-0081124		
<b>Date Assigned:</b>	07/18/2014	<b>Date of Injury:</b>	03/19/2012
<b>Decision Date:</b>	08/25/2014	<b>UR Denial Date:</b>	05/30/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	06/02/2014

### 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 Illinois. 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 injured worker is a 42-year-old female with a reported date of injury on 03/09/2012. The mechanism of injury was not submitted within the medical records. Her diagnoses were noted to include bilateral carpal tunnel syndrome, chronic pain syndrome, chronic pain syndrome, right wrist tenosynovitis, insomnia, and trigger thumb versus ulnar collateral ligament sprain. Her previous treatments include physical therapy. The progress note dated 04/18/2014 revealed the injured worker revealed her pain was always the same and the swelling was down, and the pain was worse during the night. Physical examination of the right hand revealed swelling over the thumb, palm and intrinsic muscles. There was tenderness to palpation noted over the distal interphalangeal joint of the thumb and thenar eminence. The provider reported the injured worker had chronic pain syndrome and upper limb weakness second to bilateral carpal tunnel syndrome with persistent right hand pain, now located mainly in the thumb. The injured worker will return to have followup surgery. The injured worker is utilizing a right wrist brace and home exercise program. The Request for Authorization Form was not submitted within the medical records. The request was for a paraffin bath for the right wrist to improve function, increase range of motion, reduce pain and swelling.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Paraffin bath, right wrist:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines; Forearm, wrist & hand (updated 02/18/14) Paraffin wax baths.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Forearm, Wrist, and Hand, Paraffin wax baths.

**Decision rationale:** The request for a paraffin bath for the right wrist is non-certified. The injured worker has pain and swelling to the right thumb. The Official Disability Guidelines recommend paraffin wax baths as an option for arthritic hands if used as an adjunct to a program of evidence-based conservative care (exercise). According to our review, paraffin wax baths combined with exercises can be recommended for beneficial short term effects for arthritic hands. These conclusions are limited by methodological considerations such as poor quality of trials. The guidelines recommend paraffin wax baths for arthritic hands and the injured worker has been noted to have trigger thumb versus ulnar collateral ligament sprain. There is no evidence of arthritis noted for the injured worker to support this request. Therefore, the request is non-certified.