

Case Number:	CM14-0081232		
Date Assigned:	07/18/2014	Date of Injury:	05/24/2011
Decision Date:	09/18/2014	UR Denial Date:	05/22/2014
Priority:	Standard	Application Received:	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 & Rehabilitation, has a subspecialty in Pain Medicine and is licensed to practice in Texas & Oklahoma. 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 request for Eighteen (18) sessions of Physical Therapy for the Right Hip is not medically necessary. The California MTUS Guidelines indicate the general course of therapy means the number of visits and/or time interval, which shall be indicated for postsurgical treatment for the specific surgery in the postsurgical physical medicine treatment recommendations set forth. The injured worker shall be re-evaluated following the continuation of therapy when necessary no later than 45 days from the last evaluation to document functional improvement to continue physical medicine treatment. Frequency of the visits shall be gradually reduced or discharged as the injured worker gains independence in management of symptoms and the achievement of functional goals. A therapy program that starts immediately following hip surgery allows for greater improvement and muscle strength, walking speed, and functional score. A weight bearing exercise program can improve balance and functional ability to a greater extent than a non-weight bearing program. The recommended postsurgical treatment of 30 visits over 12 weeks. Per the clinical notes, the injured worker has received 27 visits of physical therapy. He is able to press 110 pounds with the right leg in the gym. The clinical notes did not indicate the efficacy or functional deficits of the conservative care. The injured worker was able to ascend 2 consecutive flights of stairs. As such, the request for Eighteen (18) sessions of Physical Therapy for the Right Hip is not medically necessary.

IMR ISSUES, DECISIONS AND RATIONALES

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

Eighteen (18) sessions of Physical Therapy for the Right Hip: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Postsurgical Treatment Guidelines Page(s): 13-23.

Decision rationale: The request for Eighteen (18) sessions of Physical Therapy for the Right Hip is non-certified. The California MTUS Guidelines indicate the general course of therapy means the number of visits and/or time interval, which shall be indicated for postsurgical treatment for the specific surgery in the postsurgical physical medicine treatment recommendations set forth. The injured worker shall be re-evaluated following the continuation of therapy when necessary no later than 45 days from the last evaluation to document functional improvement to continue physical medicine treatment. Frequency of the visits shall be gradually reduced or discharged as the injured worker gains independence in management of symptoms and the achievement of functional goals. A therapy program that starts immediately following hip surgery allows for greater improvement and muscle strength, walking speed, and functional score. A weight bearing exercise program can improve balance and functional ability to a greater extent than a non-weight bearing program. The recommended postsurgical treatment of 30 visits over 12 weeks. Per the clinical notes, the injured worker has received 27 visits of physical therapy. He is able to press 110 pounds with the right leg in the gym. The clinical notes did not indicate the efficacy or functional deficits of the conservative care. The injured worker was able to ascend 2 consecutive flights of stairs. As such, the request for Eighteen (18) sessions of Physical Therapy for the Right Hip is non-certified.