

<b>Case Number:</b>	CM14-0081569		
<b>Date Assigned:</b>	07/18/2014	<b>Date of Injury:</b>	01/21/2013
<b>Decision Date:</b>	09/24/2014	<b>UR Denial Date:</b>	05/05/2014
<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 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:

The injured worker is a 56 year old male who was injured on 01/21/2013 while he was working on his trash disposal route. He was pushing trash down with his body weight when his foot went down into a void and struck a metal pole inside the trash, injuring the right knee. Prior medication history included Ultram, Anaprox, and Soma. Diagnostic studies reviewed include MRI of the right knee dated 10/31/2013 demonstrated chondromalacic changes of the patellofemoral joint and osteoarthritic changes of the medial compartment are seen; There is abnormal increased signal intensity reaching the inferior articulating surface of the anterior horn of the lateral meniscus; abnormal increased signal intensity is seen along the course of the anterior cruciate ligament, query partial tear versus sprain. There are osteoarthritic changes of the lateral compartment, seen by osteophytosis arising from the lateral femoral condyle. Progress report dated 02/06/2014 documented the patient to have complaints of constant and occasionally severe right knee pain over the entire knee. He reported stiffness, giving way, difficulty climbing stairs, kneeling and squatting. Objective findings on exam revealed knee flexion strength is 5.2 kg on the left and 3.9 kg on the right. Knee extension strength is 4.0 kg on the right and 6.5 kg on the left. Right knee revealed extension is zero degrees; flexion is 130 degrees with crepitus and pain noted. There is palpable tenderness over the lateral joint line and at the inferior pole of the patella. Diagnosis is status post multiple traumas to the right knee; moderate Fairbanks changes noted throughout with slight medial joint line narrowing causing varus deformity; and lateral patellar spurring. The treatment recommendation is post-operative physical therapy 3 times per week for 6 weeks as the patient is to undergo right knee arthroscopy with repairs. Prior utilization review dated 05/05/2014 states the request for Physical Therapy 3 x weeks for 6 weeks, Right knee modified to certify 12 sessions.

## **IMR ISSUES, DECISIONS AND RATIONALES**

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

**Physical Therapy 3 x week for 6 weeks, Right knee:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Postsurgical Treatment Guidelines Page(s):  
24.

**Decision rationale:** Based on the supporting documents provided, there is no indication the patient's medical provider is requesting physical therapy. The treating physician is requesting surgical repair of the right knee, however the records indicate authorization is pending. Based on the documentation provided, physical therapy is not requested therefore, it is not medically necessary at this time.