

Case Number:	CM14-0090427		
Date Assigned:	07/23/2014	Date of Injury:	10/19/2011
Decision Date:	09/30/2014	UR Denial Date:	05/15/2014
Priority:	Standard	Application Received:	06/16/2014

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 41-year-old female was reportedly injured on October 19, 2011. The mechanism of injury occurred as slip and fall from the stairs. The most recent progress note, dated May 7, 2014, indicated that there are ongoing complaints of right knee pain. The physical examination demonstrated a slightly decreased range of motion, tenderness to palpation, and a patellar grind and crepitus test with no laxity appreciated. Diagnostic imaging studies were not presented. Previous treatment included multiple medications, physical therapy, and knee arthroscopy. A request had been made for gym membership and was non-certified in the pre-authorization process on May 15, 2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Gym Membership with Pool Access: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Knee & Leg, Gym Memberships.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, (ODG) Low Back chapter, Updated September 2014.

Decision rationale: It is noted that neither the MTUS or ACOEM guidelines address this issue. The parameters noted in the Official Disability Guidelines (ODG) were employed. The Official Disability Guidelines specifically recommends against use of gym memberships. There is no healthcare oversight indication that this would be done correctly, and that there is insufficient clinical data presented to demonstrate any efficacy. Therefore, when noting the parameters outlined in the Official Disability Guidelines and with the physical examination findings, this is not medically necessary.