

<b>Case Number:</b>	CM14-0090849		
<b>Date Assigned:</b>	07/25/2014	<b>Date of Injury:</b>	03/25/2007
<b>Decision Date:</b>	10/08/2014	<b>UR Denial Date:</b>	06/11/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	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 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 53-year-old gentleman who was reportedly injured on March 25, 2007. The mechanism of injury is noted as repetitive forceful work. The most recent progress note dated May 6, 2014, indicates that there are ongoing complaints of right hand weakness, pain, and swelling as well as pain in the upper back, shoulders, and headaches. The physical examination demonstrated tenderness of the bilateral wrists and a positive Tinel's sign on the left. There was tenderness of the supraspinatus muscle of the left shoulder and pain with resisted abduction. There was a positive Speed's test and Yergason's test. Diagnostic nerve conduction studies of the upper extremities dated September 24, 2013, indicated right-sided carpal tunnel syndrome. An x-ray of the cervical spine indicated very early disk space degenerative changes. Previous treatment includes a left and right sided carpal tunnel release. A request was made for physical therapy with chiropractic care for the bilateral wrists/hands and periodic urine toxicology testing and was not certified in the pre-authorization process on June 11, 2014.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Course of physical therapy with chiropractic care for bilateral wrist/hands Qty: 18:**  
Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Manual therapy & manipulation.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Carpal Tunnel Syndrome, Manipulation, Updated February 20, 2014.

**Decision rationale:** According to the Official Disability Guidelines, chiropractic care is not recommended in the treatment of carpal tunnel syndrome. It is stated that manipulation has not been proven effective in high quality studies for patients with carpal tunnel syndrome. As such, this request for physical therapy with chiropractic care for the bilateral wrists and hands is not medically necessary.

**Periodic UA toxicological evaluation:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids, steps to avoid misuse/addiction Page(s): 94-95.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 43.

**Decision rationale:** The California Medical Treatment Utilization Schedule Guidelines support urine drug screening as an option to assess for the use or the presence of illegal drugs; or in patients with previous issues of abuse, addiction or poor pain control. Given the lack of documentation of high risk behavior, previous abuse or misuse of medications, the request is not considered medically necessary.