

Case Number:	CM13-0014048		
Date Assigned:	12/11/2013	Date of Injury:	03/06/2012
Decision Date:	01/23/2015	UR Denial Date:	08/02/2013
Priority:	Standard	Application Received:	08/20/2013

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 Family Practice and is licensed to practice in North Carolina. 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 claimant had a date of injury of 3/6/2012. He had left medial and lateral meniscectomies on 5/21/2013. Post-operative physical therapy was approved 2 x week for four weeks. On 7/16/2013, the treating physician requested additional physical therapy 2 x week for 5 weeks. The original UR decision modified the request to approve 6 session of physical therapy over 4 weeks.

IMR ISSUES, DECISIONS AND RATIONALES

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

PHYSICAL THERAPY 2 X WEEK X 5 WEEKS FOR LEFT 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: The CA MTUS guidelines after meniscectomy allow for 12 visits over 12 weeks in a 4 month post-operative period. In this case, the claimant was already approved for 8 physical therapy visits. The request for additional physical therapy 2 x week for 5 weeks would exceed the allotted physical therapy after meniscal surgery and is not medically necessary.