

Case Number:	CM14-0186886		
Date Assigned:	11/19/2014	Date of Injury:	03/07/2012
Decision Date:	01/07/2015	UR Denial Date:	10/14/2014
Priority:	Standard	Application Received:	11/10/2014

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 Family Practice 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:

This is a 51 yr. old female claimant who sustained a work injury on 3/7/12 involving the knees. She was diagnosed with degenerative joint disease of the knees. A progress note on 10/10/14 indicated the claimant had 7/10 pain in both knees. He was work in a light duty situation as a custodian. Exam findings were notable for crepitus in the right knee. X-ray finding were consistent with degenerative joint disease. The treating physician recommended bracing for knees, anti-inflammatory medications and possible surgery in the future.

IMR ISSUES, DECISIONS AND RATIONALES

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

Purchase of a bilateral knee brace: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 13 Knee Complaints. Decision based on Non-MTUS Citation ODG Knee & Leg (updated 10/07/14) Knee Brace

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 13 Knee Complaints Page(s): 346.

Decision rationale: According to the ACOEM guidelines, knee bracing is an option as part of a rehabilitation program. It can also be used in the acute phase of injury or as an option after

surgery. In this case, the claimant's injury was old. There is no evidence on long-term use and benefit. The purchase of a knee brace is not medically necessary.