

<b>Case Number:</b>	CM14-0191978		
<b>Date Assigned:</b>	11/24/2014	<b>Date of Injury:</b>	08/17/2014
<b>Decision Date:</b>	01/09/2015	<b>UR Denial Date:</b>	10/31/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/14/2014

### 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 Internal Medicine and is licensed to practice in New York. 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 is a 39 year old male who sustained an industrial injury on 08/17/2014. The mechanism of injury occurred while he was lifting milk crates. His diagnosis is right wrist triangular fibrocartilage tear. He continues to complain of pain in the right wrist. On physical exam there is tenderness to palpation over the triangular fibrocartilage complex (TFCC) and ulnar aspect of the wrist. His grip strength is 16kg on the right and 28kg on the left. Treatment has included medications and splinting. The treating provider has requested purchase of putty and a glove.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Purchase Putty:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Wrist injuries

**Decision rationale:** Per the Official Disability Guidelines, there is no indication for the use of a gel-padded glove for the treatment of a TFCC of the wrist. Non-surgical treatment options include: - Splint or cast- Anti-inflammatory medication, such as Ibuprofen- Cortisone injection-

Ultrasound therapy  
Surgical treatment options: Surgery is generally needed for those tears that don't heal or respond to the conservative treatment. This can be performed arthroscopically through limited incisions. Some tears can be "fixed," simply by "debriding" or cleaning the torn edges and damaged tissue off. Others tears can be directly repaired using sutures. Tears can be associated with a "long ulna" caused by an ulna putting pressure on the TFCC, a condition known as Ulnar Impaction Syndrome. It is treated by cutting the ulnar bone down to appropriate length. This can be done either with arthroscopic or open surgery, depending on individual circumstances. Recovery is several weeks in a cast or splint and usually requires therapy to get the wrist back to full function. Medical necessity for the requested item has not been established. Therefore, the requested putty is not medically necessary.

**Purchase Glove:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG)

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Wrist injuries

**Decision rationale:** Per the Official Disability Guidelines, there is no indication for the use of a gel-padded glove for the treatment of a TFCC of the wrist. Non-surgical treatment options include: - Splint or cast- Anti-inflammatory medication, such as Ibuprofen- Cortisone injection- Ultrasound therapy  
Surgical treatment options: Surgery is generally needed for those tears that don't heal or respond to the conservative treatment. This can be performed arthroscopically through limited incisions. Some tears can be "fixed" simply by "debriding" or cleaning the torn edges and damaged tissue off. Others tears can be directly repaired using sutures. Tears can be associated with a "long ulna" caused by an ulna putting pressure on the TFCC, a condition known as Ulnar Impaction Syndrome. It is treated by cutting the ulnar bone down to appropriate length. This can be done either with arthroscopic or open surgery, depending on individual circumstances. Recovery is several weeks in a cast or splint and usually requires therapy to get the wrist back to full function. Medical necessity for the requested item has not been established. Therefore, the requested glove is not medically necessary.