

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Functional Restoration Page(s): 30-32.

Decision rationale: The request for [REDACTED] program x160 hours from 11/10/2014-12/19/2014 is not medically necessary. The California MTUS states that an adequate and thorough evaluation needs to be made, including baseline functional testing, so that follow-up with the same test can note functional improvement; previous methods of treating chronic pain have been unsuccessful; and there is an absence of other options likely to result in significant clinical improvement; the injured worker had a significant loss of the ability to function independently resulting from the chronic pain; the injured worker is not a candidate where surgery or other treatments would clearly be warranted; and the injured worker exhibits motivation to change. Negative predictors of success should also be addressed. Functional restoration treatment is not suggested for longer than 2 weeks without evidence of demonstrated efficacy as documented by subjective and objective gains. Total treatment duration should generally not exceed 20 full day sessions, and a treatment duration in excess of 20 sessions requires a clear rationale for the specified extension and reasonable goals to be achieved. There was a lack of a measurable baseline against which to measure the efficacy of the functional restoration program. There was a lack of evidence that the injured worker had failed conservative treatment, to include physical medicine and medications. There is also a lack of documentation of other treatments that the injured worker underwent previously and the measurement of progress as well as the efficacy of the prior treatments. Additionally, the clinical notes did not provide any objective findings to suggest the patient had any signs and symptoms related to the diagnosis and the clinical notes lacked the evidence of functional pain measurements. Therefore, the request is not medically necessary.