

Case Number:	CM14-0201138		
Date Assigned:	12/11/2014	Date of Injury:	10/26/2011
Decision Date:	01/29/2015	UR Denial Date:	11/03/2014
Priority:	Standard	Application Received:	12/01/2014

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 Rehab, has a subspecialty in Interventional spine 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 patient is a 55 year-old male with a 10/26/2011 date of injury. He has been diagnosed with lumbar degenerative disc disease; lumbosacral radiculitis; and chronic pain syndrome. There are seven medical reports provided for review from 5/20/14 to 12/9/14. The patient has been managing pain with medications, tramadol 50mg and Relafen 750mg, and an exercise program with unspecified Med machines. The physician feels the patient should have 24 sessions of the MedX exercises and has completed 18 sessions so far. The request was for 6 additional sessions of Med X, because the patient was able to reduce his Ultram intake from 2 tabs/day to 1 tab/day and increased walking distance from 1 mile to 3-miles; and also improved his sleep from 4-hours/night to 6-7 hours. On 11/3/14, UR modified the request for 6 additional sessions of MedX to allow 3 sessions.

IMR ISSUES, DECISIONS AND RATIONALES

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

MedX machine additional sessions Quantity: 6: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Exercise, Physical Medicine Page(s): 46-47, 98-99. Decision based on Non-MTUS Citation ODG-TWC guidelines, Low Back Chapter online for: MedX[®].

Decision rationale: The patient is a 55 year-old male with a 10/26/2011 date of injury. He has been diagnosed with lumbar degenerative disc disease; lumbosacral radiculitis; and chronic pain syndrome. There are seven medical reports provided for review from 5/20/14 to 12/9/14. The patient has been managing pain with medications, tramadol 50mg and Relafen 750mg, and an exercise program with unspecified MedX machines. The physician feels the patient should have 24 sessions of the MedX exercises and has completed 18 sessions so far. This request is for MedX machine additional sessions Quantity: 6. MTUS does not specifically discuss the MedX machines, but does discuss exercise. On page 46-7 MTUS for exercise states: Recommended. There is strong evidence that exercise programs, including aerobic conditioning and strengthening, is superior to treatment programs that do not include exercise. There is no sufficient evidence to support the recommendation of any particular exercise regimen over any other exercise regimen. ODG guidelines in the low back chapter discuss a specific MedX machine for lumbar extension stating: MedX lumbar extension machine: Recommended as an option. This is a brand name lumbar extension exercise machine MTUS, page 98-99 for physical medicine states that 8-10 sessions are appropriate for various neuralgias or myalgias. The physician does not provide a description of what type of MedX machine the patient is using or has used in the past. The 12/9/14 letter states the patient had 18 sessions of MedX exercise and has increased his walking distance from 1 mile to 3 miles; improved sleep from 4-hours/night to 6-7 hours; and has decreased the Ultram intake from 2 tablets/day to 1 tablet/day. It appears there has been improvement in function, but MTUS guidelines for physical medicine states the frequency for radiculitis, or myalgias, neuralgias is 8-10 visits over 4 weeks. The patient has already exceeded the MTUS guidelines for physical medicine. The request for the use of MedX machine additional sessions Quantity: 6 is not medically necessary.