

<b>Case Number:</b>	CM14-0202539		
<b>Date Assigned:</b>	12/15/2014	<b>Date of Injury:</b>	08/03/2013
<b>Decision Date:</b>	02/11/2015	<b>UR Denial Date:</b>	11/10/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/03/2014

### 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 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 34 year old male with date of injury 8/3/13. The injury occurred when he was struck by a drunk driver while driving his [REDACTED] motorbike. The treating physician report dated 10/24/14 (1112) indicates that the patient presents with pain affecting the neck and back. The physical examination findings reveal paravertebral muscle spasms, tenderness, tight muscle band and trigger point (a twitch response was obtained along with radiating pain on palpation affecting both sides). Prior treatment history includes medication management and TFESI that allowed the patient to return to work. MRI of the thoracic spine dated 10/4/13 reveals Intraspinial extramedullary loculated CSF collection at T7-8 having mild mass effect on the thoracic cord. The current diagnoses are: 1. Cervicalgia 2. Pain in thoracic spine 3. Facet syndrome. The utilization review report dated 12/22/14 (2) denied the request for Ultrasound Guidance based on lack of medical necessity.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Ultrasound Guidance for Trigger Point Injection:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Trigger point injections.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Trigger point injections Page(s): 122. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: [https://www.bcbst.com/mpmanual/Trigger\\_Point\\_Injections.htm](https://www.bcbst.com/mpmanual/Trigger_Point_Injections.htm)

**Decision rationale:** The patient presents with chronic neck and back pain. The current request is for ultrasound guidance for trigger point injection. The treating physician report dated 10/27/14 states, "Request thoracic TPIs as having increased spasm and pain with evident trigger points and taut bands." The RFA dated 10/27/14 states that the injection is to be performed with ultrasound guidance. (1127) The MTUS guidelines recommend trigger point injections when all criteria are met. MTUS does not discuss ultrasound guidance for trigger point injections. The Official Disability Guidelines also do not discuss US guidance. The Blue Cross / Blue Shield Medical Policy Manual states, "Ultrasound guidance of trigger point injections is not medically necessary." In this case, the treating physician has requested ultrasound guidance for a procedure that does not require ultrasound guidance. The current request for ultrasound guidance for trigger point injection is not medically necessary. While this patient does meet the requirements for the trigger point injection, the ultrasound guidance is not supported by the BC/BS Medical Policy Manual. Therefore, this request is not medically necessary.