

Case Number:	CM14-0204828		
Date Assigned:	12/17/2014	Date of Injury:	02/07/2011
Decision Date:	02/04/2015	UR Denial Date:	11/24/2014
Priority:	Standard	Application Received:	12/08/2014

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 patient is a 50 year old female with a date of injury of 02/07/2011. She tripped and landed on her left knee at a restaurant. On 02/22/2011 she had a left knee MRI that revealed a tibia plateau fracture, chondromalacia patella and a prain or partial tear of the posterior cruciate ligament. There was a partial tear of the medial meniscus. On 05/10/2013 she had left knee arthroscopic surgery. She had been treated with left knee Synvisc injections in 2014. On 03/29/2014 she complained of a 25 to 30 pound weight gain since the injury on 02/07/2011. That day she was 5'5" tall and weighed 220 pounds. On 11/18/2014 she had a lumbar MRI for bilateral lumbar radiculopathy. There was no central canal stenosis or foraminal stenosis. On 12/01/2014 she was 5'5" tall and weighed 220 pounds. The only weight measurements in this patient's file provided for review were on 03/29/2014 and 12/01/2014 and each time she weighed 220 pounds.

IMR ISSUES, DECISIONS AND RATIONALES

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

Weight Loss program: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 13 Knee Complaints
Page(s): 329 - 353.

Decision rationale: Both ACOEM and ODG are silent about the need for a weight loss program for the treatment of knee injuries or knee complaints. There was no request for a specific weight loss program. The only two weight measurements were in 2014 and both times she weighed 220 pounds and was overweight. There is no objective documentation that any specific weight loss program is more effective than common sense of ingesting fewer calories and doing more exercise. Therefore, the request is not medically necessary.