

Case Number:	CM14-0206541		
Date Assigned:	12/18/2014	Date of Injury:	05/22/2013
Decision Date:	02/13/2015	UR Denial Date:	11/12/2014
Priority:	Standard	Application Received:	12/10/2014

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:

This patient is a 44-year-old female with a date of injury of 05/22/2013. According to progress report dated 10/21/2014, the patient presents with continued low back pain. Physical examination revealed full passive, active, and symmetrical range of motion of the hips, knees, and ankles. There is moderate paraspinal muscle tenderness noted in the lower back. Lateral rotation and lateral bend revealed 10 degree deficits of motion. Biokinetic testing revealed grade 5 weakness of the erector spinae in the lumbar area. Sensory exam to light touch, vibratory sense, and pinprick were otherwise occasionally sensitive in the right calf. MRI of lumbar spine revealed facet arthrosis, very slight bulging disk osteophyte, and no evidence of spondylolisthesis or spondylosis. The listed diagnoses are: 1. Facet arthrosis of the lower back. 2. Range of motion deficits. 3. Chronic low back pain. Treatment plan was for a posture shirt to help with patient's scapular dyskinesia. The utilization review denied the request on 11/12/2014. Treatment reports from 10/02/2013 through 10/21/2014 were provided for review.

IMR ISSUES, DECISIONS AND RATIONALES

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

Spinal Q Posture Shirt: 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), Low Back Chapter, Lumbar Supports

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Low Back - Lumbar & Thoracic Chapter, IntelliSkin posture garments.

Decision rationale: This patient presents with continued low back pain. The current request is for spinal Q posture shirt. The utilization review denied the request stating that guidelines do not recommend back braces or shirts for low back pain. According to www.posturebraceguide.com/product-review-of-the-aligned-posture-shirt, "The posture shirt is created from material (77% polyester, 23% spandex) and provides the added benefit of posture assistant by incorporating a patented posture correcting system into the shirt while making them 4-inch longer than a standard compression shirt." The ACOEM and MTUS Guidelines do not discuss posture shirts. The ODG Guidelines under the lumbar chapter does discuss IntelliSkin posture garments which are similar to the spinal Q posture shirt. ODG Guidelines states, "Not recommended as a treatment for back pain. IntelliSkin posture garments conform to the back and shoulder as a second skin, intended to gradually reshape these areas for improved posture, athletic performance, and less back pain, according to marketing materials. There are no quality published studies to support these claims." Posture garments are currently not supported by any medical guidelines and ODG specifically states that IntelliSkin posture garments are not supported. This request is not medically necessary.