

Case Number:	CM15-0108398		
Date Assigned:	06/12/2015	Date of Injury:	12/04/2011
Decision Date:	07/15/2015	UR Denial Date:	05/22/2015
Priority:	Standard	Application Received:	06/04/2015

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. 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/Service. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

The Expert Reviewer has the following credentials:
 State(s) of Licensure: New York, Tennessee
 Certification(s)/Specialty: Emergency Medicine

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 injured worker is a 41 year old male, who sustained an industrial injury on 12/4/11. He has reported initial complaints of a popping sensation in the left knee with progressively increased pain. The diagnoses have included post traumatic osteoarthritis of both knees and obesity. Treatment to date has included medications, activity modifications, diagnostics, surgery, physical therapy, injections and home exercise program (HEP). Currently, as per the physician progress note dated 5/12/15, the injured worker complains of pain in both severe post traumatic osteoarthritis knees which is activity related. He continues to work and is extremely motivated. He reports that the Norco works well for him and reduces the pain 50-60 percent and allows him to continue working. The diagnostic testing that was performed included Magnetic Resonance Imaging (MRI) of the left knee dated 2/8/12 reveals small joint effusion and degenerative chondral arthritic changes with subjacent osseous edema. The Magnetic Resonance Imaging (MRI) of the right knee dated 6/20/12 reveals medial meniscus tears of the posterior horn and body, partial tear of the medial collateral ligament, suspect partial tears of the anterior/posterior cruciate ligament, osteoarthritis and bone contusions. Physical exam reveals that he has palpable medial osteophytes of both right and left knees. He has pain with valgus stress of both the left and right knee and 1+ effusion on the left side and 1-2+ on the right side. It is noted that he has had orthovisc injections and weighs 233 pounds and has had great difficulty losing weight. There is no previous therapy sessions noted in the records. The physician notes that he is young and is going to need total knee surgery in the future. He is excessively overweight at least 50 pounds. The physician requested treatment included a [REDACTED] type program.

