

Case Number:	CM15-0131847		
Date Assigned:	07/20/2015	Date of Injury:	09/30/2014
Decision Date:	08/14/2015	UR Denial Date:	06/04/2015
Priority:	Standard	Application Received:	07/08/2015

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 Jersey, Alabama, California
 Certification(s)/Specialty: Neurology, Neuromuscular 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 34 year-old male who sustained an industrial injury on 09/30/14. Diagnoses include medial and lateral elbow sprain/strain, and ulnar neuritis of the left elbow. Diagnostic testing and treatments to date have included MRI, electronic muscle test, physical therapy, shock-wave treatment, and pain medication management. Currently, the injured worker complains of left elbow pain rated as a 5 on a 10 point pain scale. Previous shock-wave therapy leaves him sore and caused shooting pain to the wrist. Current plan of care is a 1 month trial of an interferential (IF) therapy. Requested treatments include IF unit (to include set up and delivery), rental 1 month, left elbow, wrist, batteries x 2, purchase, and wrist, electrodes x 2, purchase, wrist. The injured worker is under temporary total disability. Date of Utilization Review: 06/04/15.

IMR ISSUES, DECISIONS AND RATIONALES

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

IF unit (to include set up and delivery), rental 1 month, left elbow, wrist: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 120.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Interferential Current Stimulation Page(s): s 118-119.

Decision rationale: According to MTUS guidelines, Interferential Current Stimulation (ICS) is not recommended as an isolated intervention. There is no quality evidence of effectiveness except in conjunction with recommended treatments, including return to work, exercise and medications, and limited evidence of improvement on those recommended treatments alone. The randomized trials that have evaluated the effectiveness of this treatment have included studies for back pain, jaw pain, soft tissue shoulder pain, cervical neck pain, and post-operative knee pain (Van der Heijden, 1999), (Werner, 1999), (Hurley, 2001) ,(Hou, 2002), (Jarit, 2003), (Hurley, 2004), (CTAF, 2005), (Burch, 2008). The findings from these trials were either negative or non-interpretable for recommendation due to poor study design and/or methodologic issues. While not recommended as an isolated intervention, patient selection criteria if Interferential stimulation is to be used anyway is possibly appropriate for the following conditions; if it has been documented and proven to be effective as directed or applied by the physician or a provider licensed to provide physical medicine such as: Pain is ineffectively controlled due to diminished effectiveness of medications; or pain is ineffectively controlled with medications due to side effects; or history of substance abuse; or significant pain from postoperative conditions limits the ability to perform exercise programs/physical therapy treatment; or unresponsive to conservative measures (e.g., repositioning, heat/ice, etc.). There is no clear evidence that the patient did not respond to conservative therapies, or has pain that limits his ability to perform physical therapy. There is no clear evidence that the neurostimulator will be used as a part of a rehabilitation program. In Addition, there is limited evidence supporting the use of neuromuscular stimulator for chronic pain. Therefore, the request for IF unit rental 1 month, left elbow, wrist is not medically necessary.

Batteries x 2, purchase, wrist: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Interferential Current Stimulation Page(s): s 118-119.

Decision rationale: The request for Batteries x 2, purchase, wrist is not medically necessary since the 1 month rental of IF unit is not medically necessary.

Electrodes x 2, purchase, wrist: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Interferential Current Stimulation Page(s): s 118-119.

Decision rationale: The request for Electrodes x 2, purchase, wrist is not medically necessary since the 1 month rental of IF unit is not medically necessary.