

Case Number:	CM15-0139722		
Date Assigned:	08/04/2015	Date of Injury:	03/10/2014
Decision Date:	09/02/2015	UR Denial Date:	07/08/2015
Priority:	Standard	Application Received:	07/20/2015

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: California

Certification(s)/Specialty: Physical Medicine & Rehabilitation, Pain Management

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 52-year-old male, who sustained an industrial injury on 3-10-2014. The mechanism of injury is unknown. The injured worker was diagnosed as having right shoulder arthroscopy on 3-13-2015, cervical sprain, lumbar radiculopathy and joint derangement of the shoulder. There is no record of a recent diagnostic study. Treatment to date has included physical therapy and medication management. In a progress note dated 7-1-2015, the injured worker presents for follow up of right shoulder pain and surgery. Physical examination showed right shoulder tenderness with decreased range of motion and paraspinal muscle tenderness. The treating physician is requesting Work conditioning physical therapy program 3 times a week for 4 weeks to right shoulder.

IMR ISSUES, DECISIONS AND RATIONALES

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

Work conditioning physical therapy program 3 times a week for 4 weeks to right shoulder:
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), Physical Medicine Guidelines - Work Conditioning.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines
Page(s): 125-126 of 127.

Decision rationale: Regarding the request for Work conditioning, Chronic Pain Medical Treatment Guidelines state that work conditioning may be an option when functional limitations preclude the ability to safely achieve current job demands, which are in the medium or higher demand level (not sedentary work). A functional capacity evaluation may be required showing consistent results with maximal effort, demonstrating capacities below an employer verified physical demands analysis. After treatment with an adequate trial of physical therapy or occupational therapy with improvement followed by plateau, but not likely to benefit from continued physical, occupational therapy, or general conditioning. Additionally, the patient must have achieved sufficient recovery to allow for a minimum of 4 hours a day 3 to 5 days per week as well as having a defined return to work goal agreed to by the employer and employee. Guidelines support up to 10 work-conditioning sessions. Within the documentation available for review, there is no indication that the patient has reached maximum improvement with physical therapy and plateau despite ongoing home exercise. Additionally, it is unclear that the patient's job demands are in a medium/higher demand level and that the patient is unable to perform those duties. In the absence of clarity regarding those issues, the currently requested work conditioning is not medically necessary.