

Case Number:	CM15-0140412		
Date Assigned:	07/30/2015	Date of Injury:	03/13/2015
Decision Date:	09/28/2015	UR Denial Date:	07/20/2015
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: 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 34 year old male who sustained an industrial injury on 03-13-2015 when he jumped 10 feet from a grain elevator landing on his feet and felt immediate pain and inability to bear weight. Initial X-rays confirmed the diagnoses of bilateral comminuted calcaneal and astragalus fractures. Bilateral short leg splints were applied. No surgery was performed. Treatment to date has included diagnostic testing, non-weight bearing to progressive weight bearing, physical therapy (24 sessions completed), home exercise program, splinting, walker and medications. According to the primary treating physician's progress report on July 3, 2015, the injured worker reported good improvement with minimal left foot pain and mild right foot pain. There was no evidence of swelling, numbness or tingling. The injured worker was weight bearing with the use of a walker. Examination demonstrated tenderness to palpation to the right and left calcaneus with full range of motion. Motor strength and pulses were within normal limits. Current medications were not documented. Treatment plan consists of finishing the authorized physical therapy (2 more weeks) and the current request for additional physical therapy for the bilateral feet (12 sessions).

IMR ISSUES, DECISIONS AND RATIONALES

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

Continued physical therapy for bilateral feet, 3 times per week for 4 weeks, 12 visits total:
 Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Ankle & Foot, Physical therapy guidelines.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines.

Decision rationale: The requested continued physical therapy for bilateral feet, 3 times per week for 4 weeks, 12 visits total, is not medically necessary. CA MTUS 2009, Chronic Pain Medical Treatment Guidelines, Physical Medicine, page 98-99, recommend continued physical therapy with documented objective evidence of derived functional improvement. The injured worker has minimal left foot pain and mild right foot pain. There was no evidence of swelling, numbness or tingling. The injured worker was weight bearing with the use of a walker. The treating physician has documented tenderness to palpation to the right and left calcaneus with full range of motion. Motor strength and pulses were within normal limits. The treating physician has not documented objective evidence of derived functional improvement from completed physical therapy sessions, nor the medical necessity for additional physical therapy to accomplish a transition to a dynamic home exercise program. The criteria noted above not having been met, continued physical therapy for bilateral feet, 3 times per week for 4 weeks, 12 visits total is not medically necessary.