

Case Number:	CM15-0145715		
Date Assigned:	08/06/2015	Date of Injury:	04/16/2015
Decision Date:	09/03/2015	UR Denial Date:	06/29/2015
Priority:	Standard	Application Received:	07/27/2015

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: Massachusetts

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 46 year old female, who sustained an industrial injury on 4-16-15. She has reported initial complaints of twisting the right foot and ankle while walking in a parking lot. The diagnoses have included right ankle sprain and right foot sprain. Treatment to date has included medications, diagnostics, physical therapy, other modalities and home exercise program (HEP). Currently, as per the physician progress note dated 6-16-15, the injured worker complains of right foot and ankle pain. The physical exam reveals that she has a bunion deformity with flatfeet. She appears over pronated in the weight bearing position. There is adipose tissue-lipoma around the anterior distal fibula (gutter). There is limited range of motion in the posterior musculature, there is minimal laxity or weakness, there is reduced strength, she has arch supports, and she is decreased with single heel raises, or so with a modified Romberg test minimally reduced. The diagnostic testing that was performed included x-rays of the right foot. The current medications included Naprosyn. The previous therapy sessions were noted. The physician requested treatment included Physical therapy 2 times a week for 3 weeks for the right ankle and right foot.

IMR ISSUES, DECISIONS AND RATIONALES

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

Physical therapy 2 times a week for 3 weeks for the right ankle/right foot: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Ankle and Foot, Physical therapy.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Ankle & Foot (Acute & Chronic), physical therapy.

Decision rationale: The claimant sustained a work-related injury in April 2015 and is being treated for a right ankle and foot sprain. Treatments have included 6 physical therapy sessions with instruction in a home exercise program and use of modalities and medications. When seen, there was decreased range of motion and strength with decreased balance. There were chronic foot deformities. Authorization for additional physical therapy was requested. Guidelines recommend up to 9 therapy treatment sessions over 8 weeks for this condition and the claimant has already had 6 therapy treatments. Compliance with a home exercise program would be expected and could include use of TheraBands and a BAPS board for strengthening and balance. The number of additional treatments being requested is in excess of the guideline recommendation or what might be needed to finalize the claimant's home exercise program. The request is not medically necessary.