

<b>Case Number:</b>	CM15-0147352		
<b>Date Assigned:</b>	08/10/2015	<b>Date of Injury:</b>	02/18/2015
<b>Decision Date:</b>	09/17/2015	<b>UR Denial Date:</b>	07/21/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/29/2015

### 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, North Carolina  
 Certification(s)/Specialty: Family Practice

### 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 54-year-old female, who sustained an industrial injury on 2-18-15. The diagnoses have included cervical degenerative disc disease (DDD), right shoulder sprain rule out internal derangement right shoulder rotator cuff tear, and lumbar sprain and strain. Treatment to date has included medications, activity modifications, diagnostics, physical therapy, and other modalities. Currently, as per the physician progress note dated 7-9-15, the injured worker complains of frozen right shoulder, torn rotator cuff of the right shoulder and cervical spine pain. She reports that physical therapy has been helpful. The diagnostic testing that was performed included Magnetic Resonance Imaging (MRI) of the cervical spine dated 5-8-15 that reveals space narrowing, disc bulge, and stenosis and Magnetic Resonance Imaging (MRI) of the right shoulder dated 5-8-15 that reveals glenohumeral joint effusion with fluid collections within the bicipital tendon sheath and subcoracoid-subscapularis bursa and full thickness tear involving the anterior aspect of the supraspinatus tendon. The objective findings-physical exam of the right shoulder reveals positive spring back arm test, flexion 95-180 degrees, and abduction 90-180 degrees. The physician notes that right shoulder surgery options and risks were discussed and 12 additional physical therapy visits are needed. The physician requested treatment included Physical therapy 12 sessions cervical spine and right shoulder.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Physical therapy 12 sessions cervical spine and right shoulder:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Physical medicine Page(s): 98-99.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Physical medicine Page(s): 98-99.

**Decision rationale:** CA MTUS Guidelines support active physical therapy in the treatment of acute and chronic musculoskeletal injuries. In this case, the patient complains of an injury to her shoulder on 2/18/15 and has failed numerous conservative modalities, including physical therapy. The number of previous physical therapy sessions is unclear. She was instructed in a home exercise program. She currently is diagnosed with a frozen right shoulder and a right rotator cuff tear. Her range of motion in the right shoulder is severely limited. It appears unlikely that further physical therapy will be of any benefit to this patient. Her best option going forward appears to be surgical repair of the right shoulder, followed by post-operative physical therapy. The request for additional physical therapy is deemed not medically necessary or appropriate at this time.