

<b>Case Number:</b>	CM15-0149255		
<b>Date Assigned:</b>	08/12/2015	<b>Date of Injury:</b>	07/26/2013
<b>Decision Date:</b>	09/25/2015	<b>UR Denial Date:</b>	07/07/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/31/2015

### 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: Maryland, Virginia, North Carolina  
 Certification(s)/Specialty: Plastic Surgery

### 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 50-year-old female who sustained an industrial injury on 7-26-2013. She was injured while cleaning airplanes. She has reported bilateral shoulder pain and has been diagnosed with status post bilateral shoulder arthroscopy, subacromial decompression, rotator cuff tear. Treatment has included surgery, medications, and physical therapy. Left shoulder range of motion had flexion 0-180 degrees, external rotation 0-45 degrees, and internal rotation to T12. There was good strength with abduction testing. Right shoulder range of motion had flexion 0- 170 degrees, external rotation 0-45 degrees, and internal rotation to T12. There was improved strength with abduction testing. The treatment plan included physical therapy. The treatment request included postoperative physical therapy to the right hand, right hand trigger finger release 2nd and 3rd digit, and preoperative medical clearance.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Right hand trigger finger release of the 2nd and 3rd digit:** Upheld

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 11 Forearm, Wrist, and Hand Complaints.

**MAXIMUS guideline:** Decision based on MTUS ACOEM Chapter 11 Forearm, Wrist, and Hand Complaints Page(s): 271.

**Decision rationale:** According to the ACOEM Practice Guidelines, one or two injections of lidocaine and corticosteroids into or near the thickened area of the flexor tendon sheath of the affected finger are almost always sufficient to cure symptoms and restore function. A procedure under local anesthesia may be necessary to permanently correct persistent triggering. From the medical records provided for this review, there was not documentation that the patient had undergone a steroid injection to either finger (or justification for not doing so). Therefore, the request is not medically necessary.

**Pre-operative medical clearance:** Upheld

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

**MAXIMUS guideline:** The Expert Reviewer did not cite any medical evidence for its decision.

**Decision rationale:** Since the primary procedure is not medically necessary, none of the associated services are medically necessary.

**Post-operative physical therapy (8 sessions, twice a week for 4 weeks for the right hand):**  
Upheld

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

**MAXIMUS guideline:** The Expert Reviewer did not cite any medical evidence for its decision.

**Decision rationale:** Since the primary procedure is not medically necessary, none of the associated services are medically necessary.