

<b>Case Number:</b>	CM15-0164155		
<b>Date Assigned:</b>	09/10/2015	<b>Date of Injury:</b>	05/14/2014
<b>Decision Date:</b>	10/07/2015	<b>UR Denial Date:</b>	07/28/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	08/21/2015

### 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 55 year old female, who sustained an industrial injury on May 14, 2014, incurring left knee injuries. She was diagnosed with medial and meniscus tears. Treatment included physical therapy and home exercise program. She underwent a surgical partial meniscectomy. Currently, the injured worker complained of persistent left knee pain with limited range of motion. She noted that she had a feeling of the knee giving out on her. She had difficulty with any weight bearing activities. The injured worker walks with a limp, used a crutch and reports she was unable to do any activities of daily living. A left knee Magnetic Resonance Imaging revealed a persistent anterior cruciate ligament tear (ACL). The medial meniscus was largely extruded. She was diagnosed with continued knee pain after a partial meniscectomy and ACL deficiency. The treatment plan that was requested for authorization on August 21, 2015, included physical therapy for the left knee for twelve weeks. On July 24, 2015, the request for physical therapy for the left knee for twelve weeks was partially approved for only eight sessions.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Physical Therapy 2-3 x 4 (12) weeks for left knee:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Medical Treatment 2009.

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

**Decision rationale:** The claimant sustained a work injury in May 2014 and underwent an arthroscopic left knee medial meniscotomy. When seen, she was having difficulty with weight-bearing activities and felt her knee was giving out. Physical examination findings included decreased knee strength. Imaging results were reviewed and had shown a persistent anterior cruciate ligament tear. There were postoperative meniscal changes. The claimant's weight is 280 pounds and further surgery was not being recommended. Authorization for additional physical therapy for strengthening was requested. In terms of physical therapy for this condition, guidelines recommend up to 12 treatment sessions over 8 weeks, although goals can usually be achieved with fewer than the maximum number of treatments. In this case, the claimant has had post-operative physical therapy and the therapeutic content being requested would have already been included in the treatments that were provided. The number of visits requested is in excess of what would be expected to be needed to reestablish or revise the claimant's home exercise program. The request is not medically necessary.