

Case Number:	CM15-0166318		
Date Assigned:	09/04/2015	Date of Injury:	08/01/2013
Decision Date:	10/14/2015	UR Denial Date:	08/17/2015
Priority:	Standard	Application Received:	08/24/2015

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: Pennsylvania, Ohio, California
 Certification(s)/Specialty: Physical Medicine & Rehabilitation

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 male who sustained an industrial injury on 8-1-2013. He has reported neck, mid, and lower back pain with stiffness, bilateral shoulder pain, and bilateral knee pain and has been diagnosed with cervical spine musculoligamentous sprain strain, thoracic spine musculoligamentous sprain strain, lumbar spine musculoligamentous sprain strain, bilateral shoulder periscapular strain impingement, and bilateral knee sprain with patellofemoral arthralgia. Treatment has included conservative methods. There was tenderness and guarding of the cervical spine. Range of motion was decreased. There was tenderness and guarding of the thoracic spine. Range of motion was decreased. There was tenderness and guarding of the lumbar spine. Range of motion was decreased. Tenderness and guarding was noted of the bilateral shoulders. Impingement test and cross arm test were positive bilaterally. Range of motion was decreased. There was diffuse tenderness to palpation over the bilateral knee medial and lateral joint lines and peripatellar distributions bilaterally. There was crepitus noted. The treatment plan included physical therapy. The treatment request included physical therapy 2 x a week x 4 weeks for the cervical, thoracic, and lumbar spine.

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 4 weeks to cervical, thoracic and lumbar spine: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Physical Medicine.

Decision rationale: MTUS encourages physical therapy with an emphasis on active forms of treatment and patient education. This guideline recommends transition from supervised therapy to active independent home rehabilitation. Given the timeline of this injury and past treatment, the patient would be anticipated to have previously transitioned to such an independent home rehabilitation program. The records do not provide a rationale at this time for additional supervised rather than independent rehabilitation. This request is not medically necessary.