

<b>Case Number:</b>	CM15-0183322		
<b>Date Assigned:</b>	09/24/2015	<b>Date of Injury:</b>	03/17/2004
<b>Decision Date:</b>	10/29/2015	<b>UR Denial Date:</b>	08/26/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/17/2015

### 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

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 63 year old male, who sustained an industrial injury on 03-17-2004. The injured worker is currently not working. Medical records indicated that the injured worker is undergoing treatment for status post C3-C5 anterior cervical discectomy and fusion, status post lumbar laminectomy x 2 with severe spondylosis and facet syndrome, chronic pain, and L2-L3 disc herniation. Treatment and diagnostics to date has included cervical and lumbar spine surgeries, lumbar medial branch blocks, and medications. Current medications include Norco and Klonopin. In a progress note dated 08-14-2015, the injured worker reported ongoing neck pain, low back pain, lower extremity achiness, and difficulty with ambulation. Objective findings included a shuffling, wide based gait with decreased lumbar range of motion and positive bilateral lumbar facet loading. The request for authorization dated 08-14-2015 requested physical therapy, 8 sessions. The Utilization Review with a decision date of 08-26-2015 non-certified the request for physical therapy, 8 sessions to lumbar spine.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Physical therapy: 8 sessions (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:** Physical therapy is considered medically necessary when the services require the judgment, knowledge, and skills of a qualified physical therapist due to the complexity and sophistication of the therapy and the physical condition of the patient. However, there is no clear measurable evidence of progress with the PT treatment already rendered including milestones of increased ROM, strength, and functional capacity. Review of submitted physician reports show no evidence of functional benefit, unchanged chronic symptom complaints, clinical findings, and functional status. There is no evidence documenting functional baseline with clear goals to be reached and the patient striving to reach those goals. The Chronic Pain Guidelines allow for visits of physical therapy with fading of treatment to an independent self-directed home program. It appears the employee has received significant therapy sessions without demonstrated evidence of functional improvement to allow for additional therapy treatments. There is no report of acute flare-up, new injuries, or change in symptom or clinical findings to support for formal PT in a patient that has been instructed on a home exercise program for this chronic 2004 injury. Submitted reports have not adequately demonstrated the indication to support further physical therapy when prior treatment rendered has not resulted in any functional benefit. The Physical therapy: 8 sessions (lumbar spine) is not medically necessary and appropriate.