

Case Number:	CM15-0197006		
Date Assigned:	10/12/2015	Date of Injury:	07/10/2015
Decision Date:	11/19/2015	UR Denial Date:	09/24/2015
Priority:	Standard	Application Received:	10/06/2015

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: Arizona, California

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 48 year old male who sustained an industrial injury on 7-10-15. The medical records indicate that the injured worker is being treated for right elbow sprain; right elbow enthesopathy; right tendinitis; contusion elbow-forearm. He currently (9-15-15) complains of continued right elbow pain. On physical exam, there was tenderness of the right elbow with full range of motion. The physical exam of the right elbow from 8-10-15 through 9-15-15 was unchanged. He has had x-rays of the right elbow (7-10-15) showing a small spur, no joint effusion; MRI of the right elbow shows a partial thickness tear of the triceps tendon with some contusion and edema (no date). He is being treated with physical therapy (per the 9-15-15 note); medications: Naprosyn, Norco. The request for authorization dated 9-17-15 was for platelet rich plasma to the right elbow; ultrasound of the right elbow. On 9-24-15 Utilization Review non-certified the requests for platelet rich plasma to the right elbow; ultrasound of the right elbow.

IMR ISSUES, DECISIONS AND RATIONALES

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

Platelet-Rich Plasma (PRP) injection, right elbow: Overturned

Claims Administrator guideline: Decision based on MTUS Elbow Complaints 2007.

MAXIMUS guideline: Decision based on MTUS Elbow Complaints 2007, Section(s): Summary. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Elbow chapter and pg 19.

Decision rationale: According to the guidelines, PRP is indicated as 2nd line after therapy and exercises have failed for epicondylitis. In this case, the claimant has a history of elbow contusion and tendonitis and has failed physical therapy and analgesics. The injury with history of tear can behave similarly or worse than epicondylitis and the use of PRP is medically necessary in this case.

Ultrasound, right elbow: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines - Treatment for Workers' Compensation (ODG-TWC) ODG Treatment Integrated Treatment/Disability Duration Guidelines Shoulder Chapter, Ultrasound Guidance.

MAXIMUS guideline: Decision based on MTUS Elbow Complaints 2007, Section(s): Summary. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) elbow chapter and pg 26.

Decision rationale: According to the guidelines, ultrasound is recommended for chronic elbow pain for diagnosis use is films are non-diagnostic and for treatment for epicondylitis. In this case, the claimant was receiving therapy and PRP injection. The request for the ultrasound treatment and its purpose (Therapy/diagnostic) was not substantiated. Failure of PRP is not establishes. The request for the ultrasound is not medically necessary.