

Case Number:	CM15-0210457		
Date Assigned:	10/29/2015	Date of Injury:	01/14/2012
Decision Date:	12/09/2015	UR Denial Date:	10/19/2015
Priority:	Standard	Application Received:	10/26/2015

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: New York, Pennsylvania, Washington

Certification(s)/Specialty: Internal Medicine, Geriatric Medicine

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 40 year old male, who sustained an industrial injury on 1-14-2012. The injured worker was being treated for degenerative joint disease, chronic pain, degenerative lumbar or lumbosacral intervertebral disc, and lumbago. The injured worker (5-4-2015) reported low back pain with leg pain, numbness, and tingling. The physical exam (5-4-2015) revealed tenderness of the bilateral iliolumbar regions, active left and right lateral flexion to 10 degrees, active flexion of 45 degrees, active extension of 15 degrees, and pain with motion. The injured worker (7-15-2015) presented for follow up. The physical exam (7-15-2015) revealed continued antalgic gait and decreased lumbar range of motion. The injured worker (9-30-2015) reported worsening of back pain. The treating physician (9-30-2015) noted "no changes in examination" in regards to the musculoskeletal exam. The MRI of the lumbar spine (dated 9-18-2014) stated: There was a L2-3 (lumbar 2-3) 3-4 mm central disc protrusion indenting the anterior thecal sac without neural foraminal narrowing or canal stenosis. There was disc desiccation and a 3 mm bulge at L4- (lumbar 4-5) without significant neural foraminal narrowing or canal stenosis. There were moderate bilateral hypertrophic facet degenerative changes. There were laminectomy changes seen at L5-S1 (lumbar 5-sacral 1) and a 3 mm left paracentral disc bulge with annular fissure causing mild left lateral recess narrowing and neural foraminal narrowing or canal stenosis. Surgeries to date have included lumbar surgery in 2013. Treatment has included physical therapy, chiropractic therapy, acupuncture, epidural steroid injection, activity modifications and medications including pain and muscle relaxant. On 10-12-2015, the requested

treatments included a CT Myelogram Lumbar Spine. On 10-19-2015, the original utilization review non-certified a request for a CT Myelogram Lumbar Spine.

IMR ISSUES, DECISIONS AND RATIONALES

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

CT Myelogram Lumbar Spine: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Low Back, Myelography.

MAXIMUS guideline: Decision based on MTUS Low Back Complaints 2004, Section(s): Special Studies.

Decision rationale: Per the ACOEM, special studies like CT myelogram can be useful to identify and define low back pathology in disc protrusion and spinal stenosis. However, he has had prior MRI to define his pathology and there are no red flags on physical exam. In absence of physical exam evidence of red flags, a CT myelogram of the lumbar spine is not medically indicated. The medical necessity of a lumbar CT myelogram is not substantiated in the records.