

<b>Case Number:</b>	CM15-0214909		
<b>Date Assigned:</b>	11/04/2015	<b>Date of Injury:</b>	05/28/2014
<b>Decision Date:</b>	12/15/2015	<b>UR Denial Date:</b>	10/20/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/02/2015

### 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 50-year-old female who sustained an industrial injury on 5-28-2014 and has been treated for bilateral knee and foot peroneal tendonitis, bursitis, myalgia, plantar fasciitis, edema, and pain. On 10-1-2015 the injured worker reported the injured worker complained frequent severe 8 out of 10 pain in both ankles, characterized as stabbing, throbbing, stiffness, heaviness, tingling, weakness and cramping. No bruising, swelling, atrophy, or lesions were present. A 9-11-2015 podiatry visit noted localized edema over the lateral aspect of both ankles, severe hypersensitivity, antalgic gait, and ankle range of motion "decreased by 20 percent." Documented treatment includes myofascial release of "each sinus tarsi," with ultrasound guidance; medications noted include Tramadol, Gabapentin, Zolpidem, Pantoprazole, Diclofenac, compound creams; and the provider stated the patient was casted at that visit for custom-made orthotics. A request was submitted for right and left unna boots, but this was denied on 10-25-2015.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Unna boot to the left ankle, quantity: 1:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Ankle and Foot Complaints 2004.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Diagnosis and Treatment of Venous Ulcers. Lauren Collins, MD, and Samina Seraj, MD, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania. Am Fam Physician. 2010 Apr 15; 81(8): 989-996.

**Decision rationale:** As noted in the referenced literature, unna's boot are indicated for treatment of venous ulcers. The claimant does not have venous ulcers. The claimant has edema and heaviness in the legs. This can be managed with compression rather than an Unna's on the left ankle, which is not necessary.

**Unna boot to the right ankle, quantity: 1: Upheld**

**Claims Administrator guideline:** Decision based on MTUS Ankle and Foot Complaints 2004.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Diagnosis and Treatment of Venous Ulcers. Lauren Collins, MD, and Samina Seraj MD, Thomas Jefferson University Hospital, Philadelphia, Pennsylvania. Am Fam Physician. 2010 Apr 15; 81(8): 989-996.

**Decision rationale:** As noted in the referenced literature, unna's boot are indicated for treatment of venous ulcers. The claimant does not have venous ulcers. The claimant has edema and heaviness in the legs. This can be managed with compression rather than an Unna's on the right ankle, which is not necessary.