

Case Number:	CM15-0040821		
Date Assigned:	03/11/2015	Date of Injury:	06/21/2006
Decision Date:	04/21/2015	UR Denial Date:	02/16/2015
Priority:	Standard	Application Received:	03/03/2015

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 53 year old female, who sustained an industrial injury on 6/21/06. She reported post surgical left knee revision arthroplasty (1/8/15 - no operative record) was improving. The injured worker was approved for physical therapy x12 sessions post operatively and is awaiting approval for additional 16 physical therapy approval. Only 12 additional physical therapy sessions were approved per Utilization Review using the CA MTUS guidelines. The injured worker was diagnosed as having left knee joint replacement; joint pain, left leg; left knee medial and lateral compartment arthrosis. Treatment to date has included medications x-rays (no report, no date); MRI left knee no report, no date); knee brace; cane; physical therapy; medications.

IMR ISSUES, DECISIONS AND RATIONALES

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

Post-operative Physical Therapy, Left Knee, 2 times per week for 8 weeks: Upheld

Claims Administrator guideline: Decision based on MTUS Postsurgical Treatment Guidelines Page(s): 24.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Physical medicine Page(s): 98-99, Postsurgical Treatment Guidelines Page(s): 24-25.

Decision rationale: The patient presents with left knee pain. The request is for POST-OPERATIVE PHYSICAL THERAPY, LEFT KNEE, 2 TIMES PER WEEK FOR 8 WEEKS. Patient is status post total knee arthroplasty revision 01/08/15. Patient's diagnosis, per 02/06/15 progress report include joint replaced knee, and joint pain left knee. Per 02/06/15 progress report, patient's medications include Zofran, Lithium Carbonate, Percocet and Celebrex. Patient's work status was not specified. MTUS guidelines, pages 24-25, recommend 12 visits over 12 weeks for meniscectomy - though do not provide a specific amount for total knee arthroplasty. The postsurgical physical medicine treatment period is 6 months. MTUS Chronic Pain Management Guidelines, pages 98, 99 has the following: "Physical Medicine: recommended as indicated below. Allow for fading of treatment frequency (from up to 3 visits per week to 1 or less), plus active self-directed home Physical Medicine." MTUS guidelines pages 98, 99 states that for "Myalgia and myositis, 9-10 visits are recommended over 8 weeks. For Neuralgia, neuritis, and radiculitis, 8-10 visits are recommended."The treater does not discuss the request or provide a rationale. The UR letter from 02/16/15 modified the request allowing 12 sessions, stating that the patient had completed 12 sessions of post-operative physical therapy. The patient is within post-operative time frame, as the knee surgery was on 01/08/15. However, the requested 16 additional sessions combined with 12 already received would exceed what is recommended per MTUS. The request IS NOT medically necessary.