

Case Number:	CM15-0046894		
Date Assigned:	03/19/2015	Date of Injury:	12/06/2013
Decision Date:	05/01/2015	UR Denial Date:	02/17/2015
Priority:	Standard	Application Received:	03/12/2015

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 46 year old female, who sustained an industrial injury on 12/06/2013. On provider visit dated 01/26/2015 the injured worker has reported bilateral heel pain. On examination she was noted to have pain on palpation of the medial and central bands of the plantar fascia, pain in heels when walking, standing, squatting and crouching, pain with weight bearing. Pain was noted in calcaneus bilaterally as well as in the medical tubercles of the feet. The diagnoses have included plantar fasciitis bilaterally, tenosynovitis and painful gait. Treatment to date has included medication, injections, physical therapy and continuation of night splints stretching and traction of the plantar fascia. No evidence of previous MRI of bilateral heels were noted.

IMR ISSUES, DECISIONS AND RATIONALES

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

MRI for bilateral heels: Overturned

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 372-374.

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 374. Decision based on Non-MTUS Citation Official disability guidelines Foot and ankle chapter, MRI.

Decision rationale: This patient has a date of injury of 12/06/2013 and continues to complain of bilateral feet and ankle pain. The medical file provided for review does not include a request for authorization form. The current request is for MRI for bilateral heels. The treating physician states that the patient continues to have bilateral heel pain with pain to palpation of the medial and central bands of the plantar fascia with symptoms increasing with activity. The patient has a listed diagnoses of plantar fasciitis bilaterally, tenosynovitis and painful gait. Regarding MRI of the foot, ACOEM Guidelines state: For patients with continued limitations of activity after 4 weeks of symptoms and unexplained physical findings such as effusion or localized pain (especially following exercise), imaging may be indicated to clarify the diagnosis and assist reconditioning. The ODG Guidelines under the foot and ankle chapter has the following regarding MRIs. MRI provides a more definitive visualization of soft tissue structures, including ligaments, tendons, joint capsule, menisci and joint cartilage structures, then x-ray or computerized axial tomography and evaluation with traumatic or degenerative injuries. In this case, the patient had an x-ray of the heels performed on 12/06/2013, which revealed heel spur and plantar calcaneus left foot. It appears the patient has continued with significant pain despite conservative treatment including medication, exercise, and physical therapy. Given the support from ODG Guidelines, an MRI for further evaluation is medically necessary.