

Case Number:	CM15-0053743		
Date Assigned:	03/27/2015	Date of Injury:	07/18/2013
Decision Date:	05/19/2015	UR Denial Date:	03/12/2015
Priority:	Standard	Application Received:	03/20/2015

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, Michigan

Certification(s)/Specialty: Preventive Medicine, Occupational 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 41 year old female, who sustained an industrial injury on 7/18/2013. The mechanism of injury was not provided for review. The injured worker was diagnosed as having low back pain. There is no record of a recent diagnostic study. Treatment to date has included dorsal median branch block, lumbar radiofrequency ablation and medication management. In a progress note dated 2/24/2015, the injured worker complains of low back pain. The treating physician is requesting yoga socks, yoga mat, yoga pants, yoga shirt and yoga headband.

IMR ISSUES, DECISIONS AND RATIONALES

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

E1399 Yoga Socks (pair) Qty 1: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Yoga Page(s): 126. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee and Leg (Acute and Chronic) / Exercise equipment / Durable Medical Equipment (DME).

Decision rationale: Per the MTUS Yoga is recommended as an option only for select, highly motivated patients. There is considerable evidence of efficacy for mind-body therapies such as yoga in the treatment of chronic pain. Also, the impact on depression and disability could be considered as important outcomes for further study. Since outcomes from this therapy are very dependent on a highly motivated patient, we recommend approval where requested by a specific patient, but not adoption for use by any patient. However the issue of clothing / equipment for yoga was not addressed by the MTUS and therefore other guidelines were consulted. Per the ODG, exercise equipment is considered not primarily medical in nature and is also considered, durable medical equipment (DME). "DME is defined as equipment which: (1) Can withstand repeated use, i.e., could normally be rented, and used by successive patients; (2) Is primarily and customarily used to serve a medical purpose; (3) Generally is not useful to a person in the absence of illness or injury; & (4) Is appropriate for use in a patient's home." A review of the guidelines do not reveal that yoga socks meet the criteria for DME and is not medically necessary.

E1399 Yoga Mat Qty 1: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Yoga Page(s): 126. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee and Leg (Acute and Chronic) / Exercise equipment / Durable Medical Equipment (DME).

Decision rationale: Per the MTUS Yoga is recommended as an option only for select, highly motivated patients. There is considerable evidence of efficacy for mind-body therapies such as yoga in the treatment of chronic pain. Also, the impact on depression and disability could be considered as important outcomes for further study. Since outcomes from this therapy are very dependent on a highly motivated patient, we recommend approval where requested by a specific patient, but not adoption for use by any patient. However the issue of clothing / equipment for yoga was not addressed by the MTUS and therefore other guidelines were consulted. Per the ODG, exercise equipment is considered not primarily medical in nature and is also considered, durable medical equipment (DME). "DME is defined as equipment which: (1) Can withstand repeated use, i.e., could normally be rented, and used by successive patients; (2) Is primarily and customarily used to serve a medical purpose; (3) Generally is not useful to a person in the absence of illness or injury; & (4) Is appropriate for use in a patient's home." A review of the guidelines do not reveal that yoga mat meets the criteria for DME and is not medically necessary.

E1399 Yoga Paints (pair) Qty 1: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Yoga Page(s): 126. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee and Leg (Acute and Chronic) / Exercise equipment / Durable Medical Equipment (DME).

Decision rationale: Per the MTUS Yoga is recommended as an option only for select, highly motivated patients. There is considerable evidence of efficacy for mind-body therapies such as yoga in the treatment of chronic pain. Also, the impact on depression and disability could be considered as important outcomes for further study. Since outcomes from this therapy are very dependent on a highly motivated patient, we recommend approval where requested by a specific patient, but not adoption for use by any patient. However the issue of clothing / equipment for yoga was not addressed by the MTUS and therefore other guidelines were consulted. Per the ODG, exercise equipment is considered not primarily medical in nature and is also considered, durable medical experience (DME). "DME is defined as equipment which: (1) Can withstand repeated use, i.e., could normally be rented, and used by successive patients; (2) Is primarily and customarily used to serve a medical purpose; (3) Generally is not useful to a person in the absence of illness or injury; & (4) Is appropriate for use in a patient's home." A review of the guidelines do not reveal that yoga pants meet the criteria for DME and is not medically necessary.

E1399 Yoga Shirt Qty 1: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Yoga Page(s): 126. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee and Leg (Acute and Chronic) / Exercise equipment / Durable Medical Equipment (DME).

Decision rationale: Per the MTUS Yoga is recommended as an option only for select, highly motivated patients. There is considerable evidence of efficacy for mind-body therapies such as yoga in the treatment of chronic pain. Also, the impact on depression and disability could be considered as important outcomes for further study. Since outcomes from this therapy are very dependent on a highly motivated patient, we recommend approval where requested by a specific patient, but not adoption for use by any patient. However the issue of clothing / equipment for yoga was not addressed by the MTUS and therefore other guidelines were consulted. Per the ODG, exercise equipment is considered not primarily medical in nature and is also considered, durable medical experience (DME). "DME is defined as equipment which: (1) Can withstand repeated use, i.e., could normally be rented, and used by successive patients; (2) Is primarily and customarily used to serve a medical purpose; (3) Generally is not useful to a person in the absence of illness or injury; & (4) Is appropriate for use in a patient's home." A review of the guidelines do not reveal that yoga shirt meets the criteria for DME and is not medically necessary.

Yoga Headband Qty 1: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Yoga Page(s): 126. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee and Leg (Acute and Chronic) / Exercise equipment / Durable Medical Equipment (DME).

Decision rationale: Per the MTUS Yoga is recommended as an option only for select, highly motivated patients. There is considerable evidence of efficacy for mind-body therapies such as yoga in the treatment of chronic pain. Also, the impact on depression and disability could be considered as important outcomes for further study. Since outcomes from this therapy are very dependent on a highly motivated patient, we recommend approval where requested by a specific patient, but not adoption for use by any patient. However the issue of clothing / equipment for yoga was not addressed by the MTUS and therefore other guidelines were consulted. Per the ODG, exercise equipment is considered not primarily medical in nature and is also considered, durable medical equipment (DME). "DME is defined as equipment which: (1) Can withstand repeated use, i.e., could normally be rented, and used by successive patients; (2) Is primarily and customarily used to serve a medical purpose; (3) Generally is not useful to a person in the absence of illness or injury; & (4) Is appropriate for use in a patient's home." A review of the guidelines do not reveal that yoga headband meets the criteria for DME and is not medically necessary.