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| Case Number: | CM15-0062012 | | |
| Date Assigned: | 04/07/2015 | Date of Injury: | 12/20/2011 |
| Decision Date: | 05/07/2015 | UR Denial Date: | 03/13/2015 |
| Priority: | Standard | Application Received: | 04/01/2015 |

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, Indiana, New York
Certification(s)/Specialty: Internal 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 (IW) is a 61-year-old female who sustained an industrial injury on 12/20/2011. Diagnoses include right shoulder adhesive capsulitis and rotator cuff sprain/strain. Treatment to date has included medications, physical therapy, home exercise, right shoulder injections and surgeries and Supartz injections. Diagnostics performed to date included x-rays, MRIs and electrodiagnostic studies. According to the progress notes dated 3/5/15, the IW reported left knee pain. A request was made for a one year 24-Hour Fitness gym membership for the IW to have access to a pool for her bilateral knee and right shoulder problems.

IMR ISSUES, DECISIONS AND RATIONALES

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

One (1) year of 24 hour Fitness gym membership: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 13 Knee Complaints, Chronic Pain Treatment Guidelines. Decision based on Non-MTUS Citation Official Disability Guidelines, Knee & Leg (Acute & Chronic).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain Section, Gym membership.

Decision rationale: Pursuant to the Official Disability Guidelines, 1 year 24 hour fitness gym membership is not medically necessary. Gym memberships are not recommended as a medical prescription unless a documented home exercise program periodic assessment and revision has not been effective and there is a need for equipment. Plus, treatment needs to be monitored and administered by medical professionals area with unsupervised programs, there is no information flow back to the provider, so he or she can make changes in the prescription, and there may be risk of further injury to the patient. Gym memberships, health clubs, swimming pools, athletic clubs, etc., would not generally be considered medical treatment and are therefore not covered under these guidelines. In this case, the injured worker's working diagnoses are right shoulder adhesive capsulitis; and rotator cuff sprain/strain. In a March 5, 2015 progress note, the injured worker presented for evaluation of the knees. The injured worker is status post hyaluronic acid injections. The treating physician feels the injured worker would benefit from enrollment in a health club membership with a pool. Notably, the treating physician requested an additional four sessions of physical therapy to the right shoulder. The injured worker is engaged in a home exercise program. Gym memberships, health clubs, swimming pools, athletic clubs, etc., would not generally be considered medical treatment and are therefore not covered under these guidelines. There is no documentation in the medical record that the gym membership is supervised. Consequently, absent compelling clinical documentation with supervision, one year 24 hour fitness gym membership is not medically necessary.