

Case Number:	CM15-0082361		
Date Assigned:	05/04/2015	Date of Injury:	09/28/2011
Decision Date:	06/03/2015	UR Denial Date:	04/01/2015
Priority:	Standard	Application Received:	04/29/2015

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: New Jersey, Alabama, California
 Certification(s)/Specialty: Neurology, Neuromuscular 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 42-year-old male, who sustained an industrial injury on September 28, 2011. The injured worker has been treated for neck, bilateral wrist and low back complaints. The diagnoses have included lumbar degenerative disc disease, lumbar spondylolisthesis, lumbar disc protrusions, cervical spine sprain/strain, bilateral wrist sprain/strain, cervical radiculopathy and insomnia. Treatment to date has included medications, radiological studies, home exercise program, transcutaneous electrical nerve stimulation unit and physical therapy. A transcutaneous electrical nerve stimulation unit was noted to reduce the injured workers back pain while getting physical therapy. Current documentation dated March 26, 2015 notes that the injured worker reported low back pain with radiation to the left groin and bilateral lower extremities and frequent headaches. The injured workers associated numbness of the legs was noted to be unchanged. Examination of the lumbar spine revealed tenderness to palpation and a painful and decreased range of motion. A straight leg raise test was positive on the right side. Sensation was also noted to be diminished to light touch over the lateral aspect of the left lower extremity into the toes. The treating physician's plan of care included a request for a thirty-day transcutaneous electrical nerve stimulation unit trial for the low back.

IMR ISSUES, DECISIONS AND RATIONALES

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

IF Unit (Electrical stimulation machine) x 2 months rental and pads for home use - Low Back: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 118-120.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Interferential Current Stimulation Page(s): 118-119.

Decision rationale: According to MTUS guidelines, Interferential Current Stimulation (ICS). Not recommended as an isolated intervention. There is no quality evidence of effectiveness except in conjunction with recommended treatments, including return to work, exercise and medications, and limited evidence of improvement on those recommended treatments alone. The randomized trials that have evaluated the effectiveness of this treatment have included studies for back pain, jaw pain, soft tissue shoulder pain, cervical neck pain and post-operative knee pain. (Van der Heijden, 1999)(Werner, 1999) (Hurley, 2001) (Hou, 2002) (Jarit, 2003) (Hurley, 2004) (CTAF, 2005) (Burch, 2008) The findings from these trials were either negative or non-interpretable for recommendation due to poor study design and/or methodologic issues. While not recommended as an isolated intervention, Patient selection criteria if Interferential stimulation is to be used anyway: Possibly appropriate for the following conditions if it has documented and proven to be effective as directed or applied by the physician or a provider licensed to provide physical medicine: Pain is ineffectively controlled due to diminished effectiveness of medications; or Pain is ineffectively controlled with medications due to side effects; or History of substance abuse; or Significant pain from postoperative conditions limits the ability to perform exercise programs/physical therapy treatment; or Unresponsive to conservative measures (e.g., repositioning, heat/ice, etc.). There is no clear evidence that the patient did not respond to conservative therapies, or have post op pain that limit his ability to perform physical therapy. There is no clear evidence that the neurostimulator will be used as a part of a rehabilitation program. There is no evidence of back functional deficit that required neurostimulator therapy. There is no documentation of the outcome (objective evaluation) of previous physical therapy and TENS. Therefore, the request for IF Unit (Electrical stimulation machine) x 2 months rental and pads for home use - Low Back is not medically necessary.