

Case Number:	CM15-0086714		
Date Assigned:	05/08/2015	Date of Injury:	11/18/2014
Decision Date:	06/19/2015	UR Denial Date:	04/16/2015
Priority:	Standard	Application Received:	05/05/2015

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 38 year old male, who sustained an industrial injury on 11/18/2014. Documentation of injury and subsequent back pain was noted in 2003 and was diagnosed with lumbar spine sprain/strain. The injured worker was diagnosed as having lumbosacral musculoligamentous sprain/strain, lumbar spine disc herniation with radiculitis, and rule out non-steroidal anti-inflammatory drug induced gastropathy (improved). Treatment to date has included diagnostics, physical therapy, and medications. On 4/15/2015, the injured worker complained of low back pain, rated 5-6/10, and increased from 5/10 on last visit. He stated that physical therapy helped to decrease his pain and tenderness. Exam noted grade 2-3 tenderness to palpation over the lumbar paraspinal muscles, restricted range of motion, and positive straight leg raise bilaterally. The previous progress report noted that physical therapy helped decrease pain and improve function by 10%. Work status was total temporary disability. Therapy notes submitted supported treatment with at least 20 visits (visit #20 date was not entirely legible in 4/2015). Pain and spasm were documented as same. Current medication regime was not noted. The treatment plan included continued physical therapy for the lumbar spine, 2x6.

IMR ISSUES, DECISIONS AND RATIONALES

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

Physical therapy 2 x 6 for the lumbar spine: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 12 Low Back Complaints Page(s): 298-301, Chronic Pain Treatment Guidelines Physical medicine guidelines Page(s): 98-99.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Physical Therapy Page(s): 98-99.

Decision rationale: Physical therapy is considered medically necessary when the services require the judgment, knowledge, and skills of a qualified physical therapist due to the complexity and sophistication of the therapy and the physical condition of the patient. However, there is no clear measurable evidence of progress with the PT treatment already rendered including milestones of increased ROM, strength, and functional capacity. Review of submitted physician reports show no evidence of functional benefit, unchanged chronic symptom complaints, clinical findings, and functional status. There is no evidence documenting functional baseline with clear goals to be reached and the patient striving to reach those goals. The Chronic Pain Guidelines allow for visits of physical therapy with fading of treatment to an independent self-directed home program. It appears the employee has received significant therapy sessions without demonstrated evidence of functional improvement to allow for additional therapy treatments. There is no report of acute flare-up, new injuries, or change in symptom or clinical findings to support for formal PT in a patient that has been instructed on a home exercise program for this chronic injury. Submitted reports have not adequately demonstrated the indication to support further physical therapy when prior treatment rendered has not resulted in any functional benefit. The Physical therapy 2 x 6 for the lumbar spine is not medically necessary and appropriate.