

Case Number:	CM15-0088042		
Date Assigned:	05/12/2015	Date of Injury:	04/17/2003
Decision Date:	06/11/2015	UR Denial Date:	05/01/2015
Priority:	Standard	Application Received:	05/07/2015

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: Maryland

Certification(s)/Specialty: Physical Medicine & Rehabilitation, 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 a 42-year-old female, with a reported date of injury of 04/17/2003. The diagnoses include chronic right ankle ATFL (anterior talofibular ligament) tear, right peroneal tendonitis, status post right foot plantar fascia release, and status post right tarsal tunnel syndrome release. Treatments to date have included aquatic therapy, oral medications, and right plantar fascial release and Baxter's nerve release on 04/04/2011. The progress report dated 04/21/2015 indicates that the injured worker recently felt a pop in her ankle. She had increased pain to the lateral aspect of her right ankle radiating up the lower extremity. The injured worker started exercising and reported that she felt better during the exercise, but noted pain afterwards. The objective findings include tenderness along the anterior talofibular ligament and along the peroneal tendons posterior to the malleolus, tenderness along the origin of the plantar fascia, negative Tinel's at the tarsal tunnel and Baxter's nerve, and ability to do single toe rise without any pain. The radiographic findings of 04/21/2015 showed calcification spurring noted to the posterior calcaneus, no fractures, no tumors, and no lesions. The treating physician requested an MRI of the right foot. The rationale for the request was not indicated.

IMR ISSUES, DECISIONS AND RATIONALES

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

MRI of right foot: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 374. Decision based on Non-MTUS Citation Official Disability Guidelines, Ankle and Foot (Acute and Chronic), Magnetic Resonance Imaging.

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 (ODG) Ankle and Foot- Magnetic resonance imaging (MRI).

Decision rationale: MRI of the right foot is not medically necessary per the MTUS ACOEM guidelines and the ODG. The MTUS states that disorders of soft tissue (such as tendinitis, metatarsalgia, fasciitis, and neuroma) yield negative radiographs and do not warrant other studies, e.g., magnetic resonance imaging (MRI). Magnetic resonance imaging may be helpful to clarify a diagnosis such as osteochondritis dissecans in cases of delayed recovery. The ODG states that a repeat MRI is not routinely recommended, and should be reserved for a significant change in symptoms and/or findings suggestive of significant pathology. The documentation indicates that exercise improves the patient's symptoms. She was able to perform a single toe rise without pain. There are no red flag findings noted or significant change in symptoms. The request for a right foot MRI is not medically necessary.