

Case Number:	CM14-0133530		
Date Assigned:	08/27/2014	Date of Injury:	09/16/2011
Decision Date:	10/08/2014	UR Denial Date:	08/06/2014
Priority:	Standard	Application Received:	08/21/2014

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. The expert reviewer is Board Certified in Physical Medicine and Rehabilitation and is licensed to practice in Texas. 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/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

Medical records reflect the claimant is a 51-year old female who sustained a work injury on 9-16-11. Medical records reflect the claimant had completed 10 physical therapy sessions by 7-28-14 with reported improvement. Office visit on this date noted the claimant has right knee pain and continued low back pain. She has lost 60 lbs. She works full duty.

IMR ISSUES, DECISIONS AND RATIONALES

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

Pool therapy 2 x 4, lumbar spine: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Aquatic therapy.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Guidelines Aquatic therapy page 22 Page(s): page 22.

Decision rationale: Chronic Pain Medical Treatment Guidelines as well as ODG notes that aquatic therapy is recommended as an optional form of exercise therapy, where available, as an alternative to land-based physical therapy. Aquatic therapy (including swimming) can minimize the effects of gravity, so it is specifically recommended where reduced weight bearing is desirable, for example extreme obesity. This claimant has recently completed 10 physical therapy sessions. There is an absence in documentation noting that this claimant cannot perform

a home exercise program based on physical therapy recently completed. It is also noted the claimant is back at work full time. Therefore, Pool therapy 2 x 4, lumbar spine is not medically necessary.