

<b>Case Number:</b>	CM14-0141823		
<b>Date Assigned:</b>	09/10/2014	<b>Date of Injury:</b>	09/18/2003
<b>Decision Date:</b>	10/24/2014	<b>UR Denial Date:</b>	08/15/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/02/2014

### 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, has a subspecialty in Pain Management and is licensed to practice in California. 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:

This is a patient with a date of injury of September 18, 2003. A utilization review determination dated August 15, 2014 recommends noncertification of a custom orthotics. A progress report dated June 18, 2014 identifies subjective complaints of pain in both knees which is aggravated with prolonged weight bearing such as standing, walking, squatting, or kneeling. Physical examination findings revealed positive patellofemoral crepitus on the right side worse than the left. Diagnoses include traumatic arthritis of both knees status post arthroscopic meniscectomys. The treatment plan recommends new knee supports and continue working his usual job. A progress note dated July 30, 2014 indicates that the MRI of the left knee showed cartilage changes consistent with degeneration. The right knee MRI has similar findings. The note indicates that the patient may be a candidate for arthroscopic surgery in the future. He has been using elastic knee sleeves for support which help reduce his discomfort. The note goes on to state that he may be a candidate for newer osteoarthritis or unloading knee braces to reduce the symptoms of pain associated with prolonged positions and standing.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Custom orthotics L3020:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG); Treatment Index, 11th Edition (web), 2014, Ankle & Foot, Orthotic Devices,

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee Chapter, Unloader Brace

**Decision rationale:** This is a patient with a date of injury of September 18, 2003. A utilization review determination dated August 15, 2014 recommends noncertification of a custom orthotics. A progress report dated June 18, 2014 identifies subjective complaints of pain in both knees which is aggravated with prolonged weight bearing such as standing, walking, squatting, or kneeling. Physical examination findings revealed positive patellofemoral crepitus on the right side worse than the left. Diagnoses include traumatic arthritis of both knees status post arthroscopic meniscectomys. The treatment plan recommends new knee supports and continue working his usual job. A progress note dated July 30, 2014 indicates that the MRI of the left knee showed cartilage changes consistent with degeneration. The right knee MRI has similar findings. The note indicates that the patient may be a candidate for arthroscopic surgery in the future. He has been using elastic knee sleeves for support which help reduce his discomfort. The note goes on to state that he may be a candidate for newer osteoarthritis or unloading knee braces to reduce the symptoms of pain associated with prolonged positions and standing.