

Case Number:	CM14-0160093		
Date Assigned:	10/03/2014	Date of Injury:	10/03/2012
Decision Date:	11/06/2014	UR Denial Date:	09/23/2014
Priority:	Standard	Application Received:	09/29/2014

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 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:

The injured worker is a 32-year-old female who reported injury on 10/03/2012. The mechanism of injury was not provided. The injured worker's diagnoses included disorders of bursae and tendons in shoulder region, radial styloid tenosynovitis, sprains and strains of the wrist and hand, and lateral epicondylitis. The injured worker's past treatments included medications and physical therapy for the shoulder. The injured worker's diagnostic testing was not provided. The injured worker's surgical history included right shoulder surgery in 04/2014. On the clinical note dated 09/16/2014, the injured worker complained of right shoulder pain and right elbow and wrist pain. The injured worker had full range of motion to the elbow. The injured worker had tenderness at the lateral epicondyle of the elbow. On the clinical note dated 09/02/2014, the injured worker's medications included Zoloft, Tylenol No. 3, and tramadol. Frequency and dosage were not provided. The request was for platelet rich plasma injection to the right elbow. The rationale for the request was not provided. The Request for Authorization form was submitted on 09/16/2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Platelet Rich Plasma Injection Right Elbow: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 10 Elbow Disorders (Revised 2007). Decision based on Non-MTUS Citation ODG (Official Disability Guidelines); Platelet-rich plasma (PRP)

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Elbow, Platelet Rich Plasma Injection

Decision rationale: The request for Platelet rich plasma injection right elbow is not medically necessary. The injured worker is diagnosed with status post right shoulder labral debridement and subacromial decompression, right wrist tendinitis/De Quervain's, right elbow lateral epicondylitis, nonindustrial migraines, depression, and anxiety. The injured worker complained of pain to the right elbow. The Official Disability Guidelines recommend a single injection as a second line therapy for chronic lateral epicondylitis after first line physical therapy such as excentric loading, stretching and strengthening exercises, based on recent research below. There is a lack of documentation indicating the trial and failure of first line physical therapy for the right elbow. The requesting physician did not provide documentation of an adequate and complete assessment of the injured worker's pain. The request does not indicate the rationale for the platelet rich plasma injection to the right elbow. The injured worker is noted to have full range of motion to the elbow. As such, the request for Platelet rich plasma injection right elbow is not medically necessary.