

Case Number:	CM14-0162214		
Date Assigned:	10/07/2014	Date of Injury:	09/30/2011
Decision Date:	11/07/2014	UR Denial Date:	09/26/2014
Priority:	Standard	Application Received:	10/02/2014

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 Orthopedic Surgery 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 46-year-old female who sustained a vocational injury on 09/30/11 and subsequently underwent left lateral epicondylar release and repair with debridement of extensor origin and osteoplasty of the lateral epicondyle surface on 08/25/14. The current request is for left elbow postoperative physical therapy three times per week times six weeks for a total of eighteen visits.

IMR ISSUES, DECISIONS AND RATIONALES

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

Physical therapy for left elbow for three (3) times per week for six weeks: Upheld

Claims Administrator guideline: Decision based on MTUS Postsurgical Treatment Guidelines.

MAXIMUS guideline: Decision based on MTUS Postsurgical Treatment Guidelines.

Decision rationale: California Postsurgical Treatment Guidelines recommend up to twelve visits of physical therapy over twelve weeks for up to six months following surgical intervention for lateral epicondylitis/tennis elbow. The request for eighteen postoperative physical therapy visits exceeds the Postsurgical Guidelines and there is no documentation in the records provided for review to indicate that the claimant would be an exception to the standard treatment criteria. Therefore, the request for eighteen postoperative physical therapy sessions is not recommended as medically necessary.