

Case Number:	CM14-0210664		
Date Assigned:	12/23/2014	Date of Injury:	06/09/2014
Decision Date:	02/17/2015	UR Denial Date:	11/11/2014
Priority:	Standard	Application Received:	12/16/2014

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 Family Practice 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:

51 yr. old male claimant sustained a work injury on 6/9/14 involving the heels. He was diagnosed with bursitis of both heels. A progress note on 11/26/14 indicated the claimant had moderate pain in both heels. He was to receive orthotics at this visit. Exam findings were notable for pain on compression of the right calcaneus. There was a bony prominence in the right heel. A request was made for a corticosteroid injection with the use of Marcaine. A similar request was made in July 2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Corticosteroid injection: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 371. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG-TWC)

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 371.

Decision rationale: According to the guidelines, invasive techniques have no proven value with the exception of steroids in the cases of Morton's neuroma, plantar fasciitis or heel spur after 4-6 weeks of conservative therapy. In this case, the claimant did not have the diagnoses above. He

had not tried his orthotics to this point. The request for steroid injection is not medically necessary.

Triamcinolone injection meds: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 371. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG-TWC)

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 376-381.

Decision rationale: According to the guidelines, invasive techniques have no proven value with the exception of steroids in the cases of Morton's neuroma, plantar fasciitis or heel spur after 4-6 weeks of conservative therapy. In this case, the claimant did not have the diagnoses above. He had not tried his orthotics to this point. The request for a Triamcinolone injection is not medically necessary.

Marcaine injection meds: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 371. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG-TWC)

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 371.

Decision rationale: According to the guidelines, invasive techniques have no proven value with the exception of steroids in the cases of Morton's neuroma, plantar fasciitis or heel spur after 4-6 weeks of conservative therapy. In this case, the claimant did not have the diagnoses above. He had not tried his orthotics to this point. The request for an injection containing Marcaine is not medically necessary.

Syringe: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 371. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG-TWC)

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 371.

Decision rationale: According to the guidelines, invasive techniques have no proven value with the exception of steroids in the cases of Morton's neuroma, plantar fasciitis or heel spur after 4-6 weeks of conservative therapy. In this case, the claimant did not have the diagnoses above. He

had not tried his orthotics to this point. The request for an injection is not medically necessary. Therefore a syringe will not be medically necessary.