

Case Number:	CM14-0213086		
Date Assigned:	12/30/2014	Date of Injury:	08/10/2012
Decision Date:	02/24/2015	UR Denial Date:	12/18/2014
Priority:	Standard	Application Received:	12/19/2014

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. 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/Service. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

The Expert Reviewer has the following credentials:

State(s) of Licensure: Georgia

Certification(s)/Specialty: Anesthesiology, Pain Management

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 patient is a 39-year-old male presenting with a work-related injury on August 10, 2012. The patient complained of right shoulder, neck and back pain. The pain radiates down the right arm and back. The pain is described as aching, sharp, stabbing, burning, cramping, shooting, nagging and radiating. The pain is rated an 8/10. According to the medical records the patient is able to complete the following activities: cleaning, cooking, and sexual activity. The patient's medications included Colace, and Norco. The physical exam was significant for crepitus over the right shoulder, tender to palpation in the biceps tendon bilaterally, tender points palpated in the upper trapezius, lower trapezius, and quadratus lumborum bilaterally, pain limited range of motion of the right shoulder, reduced motor strength in the left elbow flexion, left hip flexion, left knee extension, right knee extension, left ankle dorsiflexion and right ankle dorsiflexion pastiches to light touch noted in the patient's 1 to 3 on the right, digits 1 to 2 on the left. Positive shoulder apprehension test, positive Hawkins test, and positive speed test as well as positive SI joint compression test. A Functional Restoration Program was recommended.

IMR ISSUES, DECISIONS AND RATIONALES

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

Functional Restoration Program: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Functional Restoration Program Page(s): 31 and 49.

Decision rationale: Ca MTUS page 49 states that functional restoration programs are recommended, although research is still ongoing as to how to most appropriately screen for inclusion in these programs. The program is the type of treatment included in the category of interdisciplinary pain programs for patients with chronic disabling occupational musculoskeletal disorders. These programs emphasized the importance of function over the elimination of pain and incorporate components of exercise progression with disability management and psychosocial intervention. Treatment in these programs is not suggested for longer than 2 weeks without evidence of demonstrated efficacy as documented by subjective and objective gains. Page 31 of MTUS guidelines also states that while functional restoration programs are recommended, research remains ongoing as to what is considered a gold standard content for treatment, the group of patients that benefit most from this treatment, the exact timing of when to initiate treatment, the intensity necessary for effective treatment, and cost effectiveness. A functional restoration program is not medically necessary as the patient's chronic pain issues are not addressed and would hinder his functional progress.