

<b>Case Number:</b>	CM14-0217041		
<b>Date Assigned:</b>	01/06/2015	<b>Date of Injury:</b>	02/23/2000
<b>Decision Date:</b>	03/09/2015	<b>UR Denial Date:</b>	12/15/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/29/2014

### 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. 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: Minnesota, Florida  
 Certification(s)/Specialty: Orthopedic Surgery

### 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 63 year old man sustained an industrial injury on 2/23/2000. The mechanism of injury is not detailed. Treatment has included oral medications, physical therapy, and arthroscopy. He underwent a total knee arthroplasty. There was stiffness and pain reported which has not responded to non-surgical treatment. Orthopedic notes dated 10/1/2014 show dissatisfaction with the results of lysis of adhesions. Range of motion is 5-90 degrees, which is better than pre-operative. A bone scan does not show any stress fractures. Arthrofibrosis is believed to be the issue. Per physician notes on PR-2 dated 11/14/2014, worker has completed 20 physical therapy sessions and the left knee is "not really" improved with recent scope and the worker reports feeling a "clunking" in the left knee. Range of motion is measured as 10-90 degrees and strength is 4/5. A request for authorization was submitted on 12/10/2014 for left total knee arthroplasty revision, home health physical therapy evaluation and treatment, outpatient physical therapy evaluation and treatment, and CPM rental. No further information was included as rationale for ordering both outpatient and home health physical therapy. On 12/15/2014, Utilization Review evaluated a prescription for unknown home health physical therapy for two weeks after discharged from hospital. The UR physician noted that the worker has been approved for 12 initial sessions of physical therapy with additional sessions available, up to a total of 24 sessions, with documented functional improvement per guidelines. The prospective request was denied and subsequently appealed to Independent Medical Review.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Associated Surgical Services- Unknown Home Health Physical Therapy for 2 weeks after discharge:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Home health services Page(s): 51.

**Decision rationale:** California MTUS chronic pain medical treatment guidelines indicate home health services are recommended only for otherwise recommended medical treatment for patients who are homebound on a part-time or intermittent basis, generally up to no more than 35 hours per week. The injured worker is undergoing a revision total knee arthroplasty for chronic pain and stiffness after a total knee arthroplasty. There is no reason why he cannot ambulate after surgery and undergo outpatient physical therapy. Rationale as to why he would be homebound for 2 weeks is not provided. As such, the request for home physical therapy for 2 weeks is not supported and the medical necessity is not established.