

<b>Case Number:</b>	CM14-0066705		
<b>Date Assigned:</b>	06/25/2014	<b>Date of Injury:</b>	10/23/2010
<b>Decision Date:</b>	06/12/2015	<b>UR Denial Date:</b>	03/21/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	03/31/2014

### 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: California, Indiana, New York  
 Certification(s)/Specialty: Internal Medicine

### 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 40 year old male, who sustained an industrial injury on 10/23/2010. According to a progress report dated 07/25/2013, subjective complaints included left knee weakness and worsening pain and decreased range of motion and pain in the right ankle. Medications included Naproxen and Terocin. Diagnoses included right ankle chondromalacia and left knee pain osteoarthritis. On 12/12/2013, the injured worker was using a boot and one crutch. The boot was helping. MRI revealed severe distal Achilles tendinopathy with interstitial tears, partial thickness surface tears, mid plantar fasciitis unchanged and interval resolution past calcaneal med plantar trabecular edema. According to a progress report dated 02/13/2014, the injured worker reported left Achilles felt good. Strength was increased. He felt like in the boot it was restricted. He was using crutches and boot. Medications included Naproxen as needed. Objective findings included decreased swelling and slight tenderness. Diagnoses included left Achilles calcaneal exostosis and left Achilles tear. He was status post left Achilles reconstruction, spur resection on 03/21/2011. Treatment plan included custom AFO and physical therapy. Currently under review is the request for retrospective request date of service 11/19/2013 for Procure Achilles wedge, Airselect short XL and crutches adult tall.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Retrospective request for Procure Achilles wedge Quantity: 1 (DOS 11/19/2013): Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines-TWC Ankle & Foot procedure summary.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Ankle section, Orthotics.

**Decision rationale:** Pursuant to the Official Disability Guidelines, retrospective Procure Achilles wedge #1 November 19, 2013 is not medically necessary. Orthotics are recommended for plantar fasciitis and for foot pain in rheumatoid arthritis. Both prefabricated and custom orthotic devices are recommended for plantar heel pain (plantar fasciitis, plantar fasciosis and heel spur syndrome). See guidelines for additional details. In this case, the injured worker's working diagnoses are left Achilles calcaneal exostosis; and left Achilles tear. The worker is status post left Achilles reconstruction and spur resection March 21, 2011. The medical record does not contain a progress note dated November 19, 2013. There is a progress note dated July 25, 2013 and December 12, 2013. The December 12, 2013 progress note states the "date of last visit is November 19, 2013." There is no progress note with that date in the medical record. Progress note dated December 12, 2013 states the injured worker is using a boot and one crutch. The documentation references a "long boot." There is no documentation of a Procure Achilles wedge, Airselect short XL for tall adult crutches. There is no physical examination in the December 12, 2013 progress note. MRI results of the left Achilles tendon performed December 6, 2013 are handwritten in the objective section. Consequently, absent clinical documentation with a clinical indication and rationale for ProCare Achilles wedge, retrospective Procure Achilles wedge #1 November 19, 2013 is not medically necessary.

**Retrospective request for Airselect short XL Quantity: 1 (DOS 11/19/2013): Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines-TWC Ankle & Foot procedure summary.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Ankle section, Bracing.

**Decision rationale:** Pursuant to the Official Disability Guidelines, retrospective Airselect short XL #1 November 19, 2013 is not medically necessary. Bracing is not recommended in the absence of a clearly unstable joint. Functional treatment appears to be the favorable strategy for treating acute ankle sprains when compared with the mobilization. After Achilles tendon repair, patients lived with a functional brace rather than a cast postoperatively tended to have a shorter inpatient stay, less time off work and a quicker return sporting activities. In this case, the injured worker's working diagnoses are left Achilles calcaneal exostosis; and left Achilles tear. The worker is status post left Achilles reconstruction and spur resection March 21, 2011. The medical record does not contain a progress note dated November 19, 2013. There is a progress note dated July 25, 2013 and December 12, 2013. The December 12, 2013 progress note states

the "date of last visit is November 19, 2013." There is no progress note with that date in the medical record. Progress note dated December 12, 2013 states the injured worker is using a boot and one crutch. The documentation references a "long boot". There is no documentation of a Procure Achilles wedge, Airselect short XL for tall adult crutches. There is no physical examination in the December 12, 2013 progress note. MRI results of the left Achilles tendon performed December 6, 2013 are handwritten in the objective section. Consequently, absent clinical documentation with a clinical indication and rationale for Airselect short Excel, retrospective Airselect short XL #1 November 19, 2013 is not medically necessary.

**Retrospective request for crutches adult tall Quantity: 1 (DOS 11/19/2013): Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines-TWC Knee and leg procedure summary.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Ankle section, Walking aids.

**Decision rationale:** Pursuant to the Official Disability Guidelines, retrospective crutches adult tall #1 November 19, 2013 is not medically necessary. Walking aids are recommended for patients with conditions causing impaired ambulation, when it was potential for ambulation with these devices. In this case, the injured worker's working diagnoses are left Achilles calcaneal exostosis; and left Achilles tear. The worker is status post left Achilles reconstruction and spur resection March 21, 2011. The medical record does not contain a progress note dated November 19, 2013. There is a progress note dated July 25, 2013 and December 12, 2013. The December 12, 2013 progress note states the "date of last visit is November 19, 2013". There is no progress note with that date in the medical record. Progress note dated December 12, 2013 states the injured worker is using a boot and one crutch. The documentation references a "long boot". There is no documentation of a Procure Achilles wedge, Airselect short XL for tall adult crutches. There is no physical examination in the December 12, 2013 progress note. MRI results of the left Achilles tendon performed December 6, 2013 are handwritten in the objective section. Consequently, absent clinical documentation with a clinical indication and rationale for tall adult crutches, retrospective crutches adult tall #1 November 19, 2013 is not medically necessary.