

<b>Case Number:</b>	CM15-0011813		
<b>Date Assigned:</b>	01/29/2015	<b>Date of Injury:</b>	12/19/2013
<b>Decision Date:</b>	03/25/2015	<b>UR Denial Date:</b>	01/07/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/20/2015

### 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, New York, Florida

Certification(s)/Specialty: Internal Medicine, Pulmonary Disease, Critical Care 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 63-year-old male who reported an injury on 10/22/2014. His mechanism of injury was not included. His diagnoses included status post repair of the right lateral extensor origin with epicondylectomy. His past treatments have included physical therapy, steroid injection, pain medication, and nerve block. His diagnostic studies have included MRI and x-rays. His surgical history included a right lateral epicondylectomy, second repair of extensor origin, anconeus muscle tendon transfer for coverage of right lateral epicondyle, lateral elbow arthrotomy, and synovectomy on 10/06/2014, and on 10/08/2014 he received an irrigation and debridement of the right elbow including deep tissue, secondary wound closure right elbow, extensive advancement flat for coverage right elbow. The primary treating physician's progress report dated 12/18/2014 documented the injured worker as overall doing well. Physical exam findings included right elbow wounds are well healed, injured worker has full range of motion in flexion and extension, no tenderness over the elbow. His medications were not included. The treatment plan included continuing occupational therapy focusing in range of motion and strengthening. The rationale for the request included strengthening. The Request for Authorization form is signed and dated 12/24/2014.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Post op occupational therapy for the right elbow 2x6: Upheld**

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

**MAXIMUS guideline:** Decision based on MTUS Postsurgical Treatment Guidelines Page(s): 16.

**Decision rationale:** The request for post op occupational therapy for the right elbow 2x6 is not medically necessary. The injured worker has been authorized 24 postop occupational therapy sessions thus far. The California MTUS Postop Guidelines recommend 12 visits. Patients are instructed and expected to continue active therapies at home as an extension of the treatment process in order to maintain improvement levels. Home exercise can include exercise with or without mechanical assistance or resistance in functional activities with assistive devices. There is a lack of documentation of any current functional deficits as the progress report indicated he has full range of motion in flexion and extension and no tenderness over the elbow. There was a lack of documentation of exceptional factors to justify additional supervised visits over participation in a home exercise program. Therefore, the request for occupational therapy postoperatively for the right elbow 2 times 6 is not medically necessary.