

Case Number:	CM15-0118117		
Date Assigned:	06/26/2015	Date of Injury:	03/17/2005
Decision Date:	07/27/2015	UR Denial Date:	06/17/2015
Priority:	Standard	Application Received:	06/18/2015

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: Texas, Florida, California

Certification(s)/Specialty: Preventive Medicine, Occupational 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 71 year old female, who sustained an industrial injury on 03/17/2005. She has reported injury to the left knee and low back. The diagnoses have included degenerative joint disease left knee; lumbosacral strain; and status post left knee arthroscopy with partial medial and lateral meniscectomy revision, on 09/30/2010. Treatment to date has included medications, diagnostics, bracing, cane, injections, physical therapy, and surgical intervention. Medications have included Celebrex, Tramadol, and Famotidine. A progress note from the treating physician, dated 03/05/2015, documented a follow-up visit with the injured worker. Currently, the injured worker complains of left knee pain; she has had a series of three Supartz injections with reduction in pain and she can only stand a little longer with injections; she has obtained her four-pronged cane and it works well; and she feels more sure of her knee while walking. Objective findings included no acute distress; positive crepitus; mild left-sided antalgic gait, cane-assisted; knee range of motion decreased in forced flexion; mild increased temperature of the left knee; and ligament stable. The treatment plan has included the request for outpatient physical therapy to the left knee of aquatherapy two times a week for three weeks.

IMR ISSUES, DECISIONS AND RATIONALES

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

Outpatient Physical Therapy to the Left Knee of aquatherapy two times a week for three weeks: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 98 of 127 and page 22 of 127. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Back regarding aquatic therapy.

Decision rationale: This claimant was injured now 10 years ago. The diagnoses have included degenerative joint disease left knee; lumbosacral strain; and status post left knee arthroscopy with partial medial and lateral meniscectomy revision, on 09/30/2010. Treatment to date has included medications, diagnostics, bracing, cane, injections, physical therapy, and surgical intervention. Medications have included Celebrex, Tramadol, and Famotidine. As of 03/05/2015, there is left knee pain; she has had a series of three Supartz injections with reduction in pain. She uses a four prong cane, with more security with walking. Objective findings included no acute distress; positive crepitus; mild left-sided antalgic gait, cane-assisted; knee range of motion decreased in forced flexion; mild increased temperature of the left knee; and ligament stable. Outcomes of previous therapy and the status of the home exercise program are not known. Specifically regarding aquatic therapy, the cited guides note under Aquatic Therapy: Recommended as an optional form of exercise therapy, where available, as an alternative to land-based physical therapy. Aquatic therapy (including swimming) can minimize the effects of gravity, so it is specifically recommended where reduced weight bearing is desirable, for example extreme obesity. In this case, there is no evidence of conditions that would drive a need for aquatic therapy, or a need for reduced weight bearing. The MTUS does permit forms of physical therapy in chronic situations, noting that one should allow for fading of treatment frequency (from up to 3 visits per week to 1 or less), plus active self-directed home Physical Medicine. The conditions mentioned are Myalgia and myositis, unspecified (ICD9 729.1): 9-10 visits over 8 weeks; Neuralgia, neuritis, and radiculitis, unspecified (ICD9 729.2) 8-10 visits over 4 weeks; and Reflex sympathetic dystrophy (CRPS) (ICD9 337.2): 24 visits over 16 weeks. This claimant does not have these conditions. Moreover, it is not clear why warm water aquatic therapy would be chosen over land therapy. Finally, after prior sessions, it is not clear why the patient would not be independent with self-care at this point. Finally, there are especially strong caveats in the MTUS/ACOEM guidelines against over treatment in the chronic situation supporting the clinical notion that the move to independence and an active, independent home program is clinically in the best interest of the patient. They cite: 1. Although mistreating or under treating pain is of concern, an even greater risk for the physician is over treating the chronic pain patient. Over treatment often results in irreparable harm to the patient's socioeconomic status, home life, personal relationships, and quality of life in general; 2. A patient's complaints of pain should be acknowledged. Patient and clinician should remain focused on the ultimate goal of rehabilitation leading to optimal functional recovery, decreased healthcare utilization, and maximal self-actualization. This request was not medically necessary.