

Case Number:	CM15-0121386		
Date Assigned:	07/02/2015	Date of Injury:	09/03/2013
Decision Date:	07/30/2015	UR Denial Date:	06/02/2015
Priority:	Standard	Application Received:	06/23/2015

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

Certification(s)/Specialty: Physical Medicine & Rehabilitation

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 66 year old male who sustained an industrial injury on 9/3/13 with a current complaint of right shoulder pain. Diagnoses are right shoulder rotator cuff syndrome, sleep issues, and status post right shoulder arthroscopy in 8/2014. In a report dated 2/18/15, the physician notes that the injured worker underwent a right shoulder arthroscopy on August 2014 and he states that following the procedure, he noted a slight benefit in pain reduction and improved range of motion and he completed 24 sessions of post-operative physical therapy which provided him with a slight benefit in pain reduction. In a progress report date 4/30/15, a treating physician notes he has persistent pain in the right shoulder rated at 8/10, which is intermittent with slight improvement with range of motion with past therapy but he still has significant decreased range of motion and function. Pain is better with rest and medication and worse with activities. Medication is Ibuprofen, which does take pain from an 8 to a 4 and allows him to do basic activities of daily living. Exam of the right shoulder notes slightly decreased range of motion. Flexion was 140 degrees, abduction was 120 degrees, extension and adduction 45 degrees, internal and external rotation were at 70 degrees. There is acromioclavicular joint tenderness. Previous treatment includes 24 physical therapy visits, home exercise program, and surgery. Work status is that he is not currently working. The treatment requested is physical therapy 3 times a week for 4 weeks to the right shoulder.

IMR ISSUES, DECISIONS AND RATIONALES

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

Physical Therapy for Right Shoulder, 3 times wkly for 4 wks, 12 sessions: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Physical Therapy, pages 98-99.

Decision rationale: The patient is s/p shoulder arthroscopy in August 2014, almost a year prior, having completed 24 visits whereby, the chronic guidelines for PT are now applicable. Physical therapy is considered medically necessary when the services require the judgment, knowledge, and skills of a qualified physical therapist due to the complexity and sophistication of the therapy and the physical condition of the patient. However, there is no clear measurable evidence of progress with the PT treatment already rendered including milestones of increased ROM, strength, and functional capacity. Review of submitted physician reports show no evidence of functional benefit, unchanged chronic symptom complaints, clinical findings, and functional status. There is no evidence documenting functional baseline with clear goals to be reached and the patient striving to reach those goals. The Chronic Pain Guidelines allow for visits of physical therapy with fading of treatment to an independent self-directed home program. It appears the employee has received significant therapy sessions without demonstrated evidence of functional improvement to allow for additional therapy treatments. There is no report of acute flare-up, new injuries, or change in symptom or clinical findings to support for formal PT in a patient that has been instructed on a home exercise program for this chronic injury. Submitted reports have not adequately demonstrated the indication to support further physical therapy when prior treatment rendered has not resulted in any functional benefit. The Physical Therapy for Right Shoulder, 3 times wkly for 4 wks, 12 sessions is not medically necessary and appropriate.