

<b>Case Number:</b>	CM15-0173788		
<b>Date Assigned:</b>	09/15/2015	<b>Date of Injury:</b>	03/17/2006
<b>Decision Date:</b>	10/15/2015	<b>UR Denial Date:</b>	08/14/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/03/2015

### 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: 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 45 year old male, who sustained an industrial injury on 3-17-2006. Medical records indicate the worker is undergoing treatment for ankle sprain-strain, enthesopathy of the ankle, ankle-foot osteoarthritis and right ankle pain. A recent progress report dated 7-17-2015, reported the injured worker complained of unchanged right ankle pain. Physical examination revealed right lower leg atrophy, bilateral malleolus tenderness and tenderness at the Achilles and plantar fascia. Treatment to date has included home exercise program, Nabumetone, Omeprazole, Norco and Medrox topical. On 7-17-2015 the Request for Authorization requested Evaluation with a Podiatrist for the right ankle and Platelet rich plasma injection to the right ankle-foot. On 8-14-2015, the Utilization Review noncertified a request for Evaluation with a Podiatrist for the right ankle and Platelet rich plasma injection to the right ankle-foot. The treating physicians narrative makes it clear that a re-evaluation with the Podiatrist is being requested so this individual can ask additional questions and attempt to understand the recommendations better.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Evaluation with a Podiatrist for the right ankle:** Overturned

**Claims Administrator guideline:** Decision based on MTUS General Approaches 2004, Section(s): Cornerstones of Disability Prevention and Management.

**MAXIMUS guideline:** Decision based on MTUS General Approaches 2004, Section(s): Cornerstones of Disability Prevention and Management, and Ankle and Foot Complaints 2004, Section(s): Surgical Considerations.

**Decision rationale:** MTUS Guidelines support specialty evaluation when there is a medical problem that can be improved with surgical intervention. The primary physicians request (in the narrative) is actually for a re-evaluation with the Podiatrist so this individual can ask additional questions and attempt to understand the recommendations more thoroughly. This request is certainly reasonable and within Guideline recommendations for management of disability and impairment. The request for Podiatry evaluation (re-evaluation) for the right ankle is consistent with Guidelines and is medically necessary.

**Platelet rich plasma injection to the right ankle/foot:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG): Ankle & Foot Chapter Platelet rich plasma.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Ankle and Foot/Platelet-Rich Plasma.

**Decision rationale:** MTUS Guidelines do not address this issue. ODG Guidelines address this issue in detail and the Guidelines specifically state that platelet-rich plasma is not recommended for the ankle and/or foot. The Guidelines note that best evidence is not supportive of this intervention with the outcomes being not better than placebo interventions. In addition, this individuals ankle/foot pathology is very advanced and extensive involving several joints and widespread soft tissues and surgical intervention has been recommended. There are no unusual circumstances to justify an exception to the Guideline recommendations. The Platelet rich plasma injection to the right ankle/foot is not medically necessary.