

Case Number:	CM15-0178942		
Date Assigned:	09/21/2015	Date of Injury:	09/04/2014
Decision Date:	10/22/2015	UR Denial Date:	08/17/2015
Priority:	Standard	Application Received:	09/11/2015

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: North Carolina

Certification(s)/Specialty: Family Practice

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 24 year old female, who sustained an industrial injury on 9-4-2014. The injured worker was diagnosed degloving right palm status post free dorsal thoracic fascia flap. The request for authorization is for: 16 initial post-operative hand therapy for the right hand, 2 times a week for 8 weeks, as an outpatient. The UR dated 8-17-2015: non-certified the request for 16 initial post-operative hand therapy for the right hand, 2 times a week for 8 weeks, as an outpatient. On 9-24-2014, she is reported as doing well following right hand surgery. On 10-29-2014, she reported starting hand therapy. On 12-31-2014, she reported continuing hand therapy and feeling as if she is making progress. She reported fatigue when trying to use her hand for activities of daily living. On 2-11-2015, she is reported to be continuing hand therapy with reported gains. Her hand is noted to be tight and tender with scar contracture limiting extension. On 4-15-2015, she is reported to be getting dressing changes to her right hand and has not begun range of motion exercises. On 5-13-2015, she is reported as improving and increasing active and passive ranges of motion. On 6-10-2015, she reported pain and scar tenderness with hand use. On 7-22-2015, she is reported to have tenderness and inability to extend the left index and middle fingers at the metacarpophalangeal joints. The provider noted treatment plan of surgery flexor tenolysis with a skin graft and then hand therapy post-operatively. The treatment and diagnostic testing to date has included: right hand surgery (9-4-2014), medications, right hand wound surgery (9-9-2014), wound care, home exercises, right hand surgery (11-5-2014), right hand and finger surgery (3-30-2015).

IMR ISSUES, DECISIONS AND RATIONALES

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

16 initial post-operative hand therapy for the right hand 2 times a week for 8 weeks:

Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Introduction, Physical Medicine.

Decision rationale: The California chronic pain medical treatment guidelines section on physical medicine states: Recommended as indicated below. Passive therapy (those treatment modalities that do not require energy expenditure on the part of the patient) can provide short-term relief during the early phases of pain treatment and are directed at controlling symptoms such as pain, inflammation and swelling and to improve the rate of healing soft tissue injuries. They can be used sparingly with active therapies to help control swelling, pain and inflammation during the rehabilitation process. Active therapy is based on the philosophy that therapeutic exercise and/or activity are beneficial for restoring flexibility, strength, endurance, function, range of motion, and can alleviate discomfort. Active therapy requires an internal effort by the individual to complete a specific exercise or task. This form of therapy may require supervision from a therapist or medical provider such as verbal, visual and/or tactile instruction(s). 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 and functional activities with assistive devices. (Colorado, 2002) (Airaksinen, 2006) Patient-specific hand therapy is very important in reducing swelling, decreasing pain, and improving range of motion in CRPS. (Li, 2005) The use of active treatment modalities (e.g., exercise, education, activity modification) instead of passive treatments is associated with substantially better clinical outcomes. In a large case series of patients with low back pain treated by physical therapists, those adhering to guidelines for active rather than passive treatments incurred fewer treatment visits, cost less, and had less pain and less disability. The overall success rates were 64.7% among those adhering to the active treatment recommendations versus 36.5% for passive treatment. (Fritz, 2007) Physical Medicine Guidelines: Allow for fading of treatment frequency (from up to 3 visits per week to 1 or less), plus active self-directed home Physical Medicine. 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. Reflex sympathetic dystrophy (CRPS) (ICD9 337.2): 24 visits over 16 weeks. The goal of physical therapy is graduation to home therapy after a certain amount of recommended sessions. The request is in excess of these recommendations per the California MTUS and postoperative guidelines. There is no objective reason why the patient would not be moved to home therapy after completing the recommended amount of supervised sessions in the provided clinical documentation. Therefore, the request is not medically necessary.