

Case Number:	CM15-0066002		
Date Assigned:	04/13/2015	Date of Injury:	04/22/2014
Decision Date:	05/12/2015	UR Denial Date:	03/19/2015
Priority:	Standard	Application Received:	04/07/2015

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: Ohio, North Carolina, Virginia
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 30 year old male, who sustained an industrial injury on April 22, 2014. He has reported left ankle pain and back pain. Diagnoses have included left ankle sprain, anterior synovitis with impingement, and chronic left ankle avulsion injury. Treatment to date has included medications, physical therapy, ankle wrap, ankle injections, and imaging studies. A progress note dated January 15, 2015 indicates a chief complaint of left ankle pain and lower back pain. The treating physician documented a plan of care that included follow up consultation with a podiatrist.

IMR ISSUES, DECISIONS AND RATIONALES

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

Follow up consultation with podiatrist: Overturned

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints.

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 14 Ankle and Foot Complaints Page(s): 372.

Decision rationale: Patients with ankle and foot complaints may have initial follow-up every three to five days by a midlevel practitioner or physical therapist who can provide counseling about avoiding static positions, medication use, activity modification, and other concerns. Care should be taken to answer questions and make these sessions interactive so that the patient is fully involved in his or her recovery. If the patient has returned to work, these interactions may be done on site or by telephone to avoid interfering with modified or full-work activities. Physician follow-up is appropriate when a release to modified, increased, or full-duty work is needed, or after appreciable healing or recovery is expected. Later physician follow-up might be expected every four to seven days if the patient is off work and every seven to fourteen days if the patient is working. In this instance, a follow up consultation with the podiatrist is requested. The injured worker had undergone an MRI of the left ankle, ordered by the podiatrist, which same specialty needed follow up. The injured worker had failed conservative treatment with medication, rest, and physical therapy. A podiatry follow up consultation was necessary to interpret the MRI and develop an appropriate treatment plan and therefore is medically necessary.