

Case Number:	CM15-0069076		
Date Assigned:	04/16/2015	Date of Injury:	06/03/2005
Decision Date:	05/19/2015	UR Denial Date:	03/10/2015
Priority:	Standard	Application Received:	04/13/2015

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: Georgia

Certification(s)/Specialty: Anesthesiology, Pain Management

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 57 year old male with an industrial injury dated June 3, 2005. The injured worker diagnoses include bilateral plantar fasciitis and bilateral carpal tunnel syndrome. Treatment consisted of prescribed medications, cortisone injections, stretching exercises, physical therapy, arch supports and periodic follow up visits. In a progress note dated 3/02/2015, the injured worker reported bilateral heel pain, left greater than right. Objective findings revealed antalgic gait and diffuse tenderness along entire arch of left foot. The treating physician prescribed services for outpatient plasma Injection for plantar fasciitis to the left foot.

IMR ISSUES, DECISIONS AND RATIONALES

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

Outpatient Plasma Injection for plantar fascitis to the left 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: Chapter Ankle/Foot, Web Edition.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation 3. Jang, Soo-Jin et al. Platelet-Rich Plasma (PRP)

Injections as an Effective Treatment for Early Osteoarthritis *European Journal of Orthopaedic Surgery and Traumatology*, 2013; 23(5): 573-580.

Decision rationale: Outpatient Plasma Injection for Plantar Fasciitis to the left foot is not medically necessary. The MTUS guidelines and the ODG does not publish a statement on this injection as this treatment is still investigational. Jang et al., (*European Journal of Orthopaedic Surgery and Traumatology*, 2013) performed a study to analyze the range of cartilage damage and degenerative joint osteoarthritis and determine the duration for the positive effects of platelet-rich plasma (PRP) injection. While intra-articular PRP injection can be used for the treatment of early OA, increasing age, and developing degeneration result in a decreased potential for PRP injection therapy; therefore, the requested service is not medically necessary.