

Case Number:	CM15-0071042		
Date Assigned:	04/21/2015	Date of Injury:	01/24/2014
Decision Date:	05/21/2015	UR Denial Date:	04/02/2015
Priority:	Standard	Application Received:	04/14/2015

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 40 year old male, who sustained an industrial injury on 1/24/14. He reported twisting injury of left knee. The injured worker was diagnosed as having pain in joint of lower leg, arthropathy of lower leg and thoracic or lumbosacral neuritis or radiculitis. Treatment to date has included arthroscopic surgery of left knee, oral medications including opioids, injections, physical therapy and topical medications. Currently, the injured worker complains of aching, throbbing, burning, sharp left knee pain, rated 8/10. The injured worker states the medications help a little, physical helped temporarily and injections provided 50% relief for 2-3 days. Physical noted limited extension of left knee with tenderness primarily anteriorly along the anterior joint line. The treatment plan included surgery for lateral release and meniscectomy and Game day ice compression system.

IMR ISSUES, DECISIONS AND RATIONALES

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

Game Day Ice Compression System for rental: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Knee and Leg-Online Version-Game Day Accelerated recovery system; Continuous Flow Cryotherapy.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official disability guidelines knee & leg chapter, continuous-flow cryotherapy.

Decision rationale: This patient is status post left knee arthroscopic medial meniscal repair, arthroscopic lateral release and arthroscopic anterior plica excision on 03/20/15. The current request is for GAME DAY ICE COMPRESSION SYSTEM FOR RENTAL. The Request for Authorization is not provided in the medical file. Treatment to date has included arthroscopic surgery of left knee, oral medications including opioids, injections, physical therapy and topical medications. The patient is TTD. The Game Day Ice Compression unit is a name brand cryotherapy unit. The MTUS and ACOEM guidelines do not discuss cold therapy units. Therefore, ODG Guidelines are referenced. ODG Guidelines under the knee chapter has the following regarding continuous-flow cryotherapy: "Recommended as an option after surgery but not for nonsurgical treatment. Postoperative use generally may be up to 7 days including home use." On 03/19/15, the treating physician requested a "Game day ice compression system for recovery of his knee surgery that will be performed on 03/19/15." In this case, while post-operative use of continuous flow cold treatments are supported by the ODG, it only recommends it for 7 days following surgery. The current request is for an unspecified duration of use, which cannot be recommended. The request IS NOT medically necessary.