

Case Number:	CM15-0074295		
Date Assigned:	04/24/2015	Date of Injury:	12/19/2013
Decision Date:	05/21/2015	UR Denial Date:	04/10/2015
Priority:	Standard	Application Received:	04/20/2015

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: Iowa, Illinois, Hawaii

Certification(s)/Specialty: Preventive Medicine, Occupational Medicine, Public Health & General Preventive 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 52 year old female injured worker suffered an industrial injury on 12/19/2013. The diagnoses included bilateral elbow epicondylitis and left shoulder impingement. The injured worker had been treated with injections and physical therapy. On 3/30/2015 the treating provider reported the injured worker had received the Platelet Rich Plasma injections 6 weeks prior with improvement in pain and motion. There is tenderness in the elbows. The treatment plan included Platelet Rich Plasma injection.

IMR ISSUES, DECISIONS AND RATIONALES

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

Platelet Rich Plasma injection into the bilateral elbows under ultrasound guidance: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Elbow, 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) Elbow, Platelet Rich Plasma (PRP).

Decision rationale: The MTUS is silent on Platelet Rich Plasma (PRP) injections, but according to the ODG, "Recommend single injection as a second-line therapy for chronic lateral epicondylitis after first-line physical therapy such as eccentric loading, stretching and strengthening exercises, based on recent research below. This small pilot study found that 15 patients with chronic elbow tendinosis treated with buffered platelet-rich plasma (PRP) showed an 81% improvement in their visual analog pain scores after six months, and concluded that PRP should be considered before surgical intervention. Further evaluation of this novel treatment is warranted". PRP Is still a developing treatment, the medical documentation provided do not specify uncontrolled pain or functional deficits that would require this intervention. The treating physician did not fully detail a trial and failure of conservative treatment. As such, the request for Platelet Rich Plasma injection into the bilateral elbows under ultrasound guidance is not medically necessary.