

**MAXIMUS FEDERAL SERVICES, INC.**

Independent Medical Review

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**Notice of Independent Medical Review Determination**

Dated: 11/20/2013

[REDACTED]

[REDACTED]

Employee:	[REDACTED]
Claim Number:	[REDACTED]
Date of UR Decision:	7/9/2013
Date of Injury:	9/16/2010
IMR Application Received:	8/1/2013
MAXIMUS Case Number:	CM13-0005567

- 1) MAXIMUS Federal Services, Inc. has determined the request **for right SI joint injection is not medically necessary and appropriate.**

## INDEPENDENT MEDICAL REVIEW DECISION AND RATIONALE

An application for Independent Medical Review was filed on 8/1/2013 disputing the Utilization Review Denial dated 9/9/2013. A Notice of Assignment and Request for Information was provided to the above parties on 8/12/2013. A decision has been made for each of the treatment and/or services that were in dispute:

- 1) MAXIMUS Federal Services, Inc. has determined the request for **right SI joint injection is not medically necessary and appropriate.**

### **Medical Qualifications of the Expert Reviewer:**

The independent Medical Doctor who made the decision has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Physical Medicine and Rehabilitation and is licensed to practice in California. 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 treatments and/or services at issue.

### **Expert Reviewer Case Summary:**

The patient is a 41 year-old male with a date of injury 9/16/10. The patient's diagnoses include: status post L4 to S1 decompression and fusion on 9/13/12 and persistent right SI joint symptomatology. The progress report dated 7/9/13 by Dr. [REDACTED], MD noted that the patient continued to have worsening of back and radiating right buttock and leg pain. Exam indicates significant bilateral SI joint tenderness. The patient reported that she has persistent SI joint pain and noted that she only had temporary relief from previous SI joint injection. The patient had a left SI joint injection by Dr. [REDACTED] on 3/15/13 and the follow up visit with Dr. [REDACTED] on 3/19/13 noted that the patient had gradual worsening of symptoms status post the SI joint injection.

### **Documents Reviewed for Determination:**

The following relevant documents received from the interested parties and the documents provided with the application were reviewed and considered. These documents included:

- Application of Independent Medical Review
- Utilization Review Determination
- Medical Records from Claims Administrator
- Medical Treatment Utilization Schedule (MTUS)

### **1) Regarding the request for right SI joint injection**

#### Section of the Medical Treatment Utilization Schedule Relied Upon by the Expert Reviewer to Make His/Her Decision

The Claims Administrator based its decision on the Official Disability Guidelines (ODG), Criteria for the use of Sacroiliac blocks, which is not a part of MTUS.

The Expert Reviewer found that no section of the MTUS was applicable. Per the Strength of Evidence hierarchy established by the California Department of Industrial Relations, Division of Workers' Compensation, the Expert Reviewer based his/her decision on the Official Disability Guidelines (ODG) ODG-twc guidelines has the following regarding SI joint injections: (<http://www.odg-twc.com/odgtwc/hip.htm#Sacroiliacjointblocks>), which is not a part of MTUS.

Rationale for the Decision:

The medical records indicate that the employee suffers from persistent bilateral SI joint pain. The employee underwent an SI joint injection on the left, on 3/19/13 with a gradual worsening of symptoms. It is unclear if the employee has had prior SI joint injection on the right. ODG guidelines were used in this case as MTUS is silent regarding SI joint injections. ODG states that at least 6 weeks of 70% pain relief should be documented to indicate a successful response to the SI joint steroid injection. ODG also requires 3 positive SI joint maneuvers to be positive on examination. It does not appear that a SI joint injection on the right side would be reasonable in this case. **The request for right S1 joint injection is not medically necessary and appropriate.**

**Effect of the Decision:**

The determination of MAXIMUS Federal Services and its physician reviewer is deemed to be the final determination of the Administrative Director, Division of Workers' Compensation. With respect to the medical necessity of the treatment in dispute, this determination is binding on all parties.

In accordance with California Labor Code Section 4610.6(h), a determination of the administrative director may be reviewed only if a verified appeal is filed with the appeals board for hearing and served on all interested parties within 30 days of the date of mailing of the determination to the employee or the employer. The determination of the administrative director shall be presumed to be correct and shall be set aside only upon proof by clear and convincing evidence of one or more of the grounds for appeal listed in Labor Code Section 4610.6(h)(1) through (5).

Sincerely,

Paul Manchester, MD, MPH  
Medical Director

cc: Department of Industrial Relations  
Division of Workers' Compensation  
1515 Clay Street, 18<sup>th</sup> Floor  
Oakland, CA 94612

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Disclaimer: MAXIMUS is providing an independent review service under contract with the California Department of Industrial Relations. MAXIMUS is not engaged in the practice of law or medicine. Decisions about the use or nonuse of health care services and treatments are the sole responsibility of the patient and the patient's physician. MAXIMUS is not liable for any consequences arising from these decisions.