

Case Number:	CM13-0016715		
Date Assigned:	11/06/2013	Date of Injury:	10/15/2012
Decision Date:	09/23/2014	UR Denial Date:	08/15/2013
Priority:	Standard	Application Received:	08/26/2013

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. The expert reviewer is Board Certified in Orthopedic Surgery and is licensed to practice in Mississippi. 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/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

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 records presented for review indicate that this 36-year-old female was reportedly injured on October 15, 2012. The mechanism of injury is not listed in these records reviewed. The most recent progress note, dated March 21, 2013, indicates that there are ongoing complaints of right knee pain and weakness. The physical examination demonstrated no bruising, swelling, atrophy, or lesions. There was tenderness at the lateral and medial joint line and a positive right-sided McMurray's test. Diagnostic imaging studies were not reviewed during this visit. Previous treatment includes arthroscopic right knee surgery. A request had been made for a PRP injection for the right knee and was not certified in the pre-authorization process on August 15, 2013.

IMR ISSUES, DECISIONS AND RATIONALES

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

PRP INJECTION INTO THE RIGHT KNEE: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Knee and Leg, Platelet Rich Plasma, Updated August 25, 2014.

Decision rationale: According to the Official Disability Guidelines, platelet rich plasma injections are under study for use in the knee. Only a small study has found a statistically significant improvement with the use of PRP for chronic refractory patellar tendinopathy. There is a need for further basic-science investigation, as well as randomized, controlled trials to identify the benefits, side effects, and adverse effects that may be associated with the use of PRP for muscular and tendinous injuries. As such, this request for a PRP injection into the right knee is not medically necessary.