

<b>Case Number:</b>	CM14-0142128		
<b>Date Assigned:</b>	09/10/2014	<b>Date of Injury:</b>	05/17/2013
<b>Decision Date:</b>	10/06/2014	<b>UR Denial Date:</b>	08/08/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/02/2014

### 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 Occupational Medicine 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 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:

This patient is a 45 year old male who developed chronic lateral elbow pain and shoulder problems subsequent to an injury date of 5/17/13. The elbow has been treated with physical therapy, oral NSAID's and steroid injections. In an attempt to avoid surgery, a request for a trial of platelet rich plasma has been made.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**One platelet-rich plasma injection for the left elbow:** Overturned

**Claims Administrator guideline:** Decision based on MTUS ACOEM.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) , Platelet Rich Plasma Injections. Other Medical Treatment Guideline or Medical Evidence:  
[http://www.arthroscopyjournal.org/article/S0749-8063\(13\)00853-0/abstract](http://www.arthroscopyjournal.org/article/S0749-8063(13)00853-0/abstract)

**Decision rationale:** MTUS Guidelines do not address this procedure. The updated ACOEM elbow chapter addresses autologous blood injections, but this is not the same as the platelet-rich plasma injection. ODG Guidelines do address this procedure directly and recommend the trial of a single injection in an attempt to avoid surgery. The requested Trial Injection of Platelet Rich Plasma is medically necessary.

