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| Case Number: | CM14-0143055 | | |
| Date Assigned: | 09/10/2014 | Date of Injury: | 03/14/2014 |
| Decision Date: | 10/07/2014 | UR Denial Date: | 08/28/2014 |
| Priority: | Standard | Application Received: | 09/04/2014 |

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 Physical Medicine & Rehabilitation, has a subspecialty in Interventional Spine 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:

The patient is a 44 year old male with an injury date of 03/14/14. Based on 08/26/14 progress report provided by [REDACTED] the patient presents with bilateral knee, bilateral hip and bilateral shoulder pain rated 5/10. Patient wears a right knee brace. Majority of bilateral knee pain is secondary to arthritis. Knee and shoulder cortisone injections have failed to provide relief. Request for gym membership with pool access to strengthen the lower extremity musculature is vital for arthritis, but must be done with low-impact activities. Pool therapy is ideal for this, but stationary bike and elliptical machines are also beneficial for low-impact activities. Diagnosis 08/26/14- osteoarthritis- other specified sites (bilateral knee, hip)- tenosinovitis. Bicipital- osteoarthritis- unspecified, bilateral shoulder region [REDACTED] [REDACTED] is requesting Gym membership with pool access. The utilization review determination being challenged is dated 08/28/14. The rationale is "There is no indication that the patient's home exercise program has been ineffective. There is no documentation that this patient needs special equipment to exercise." [REDACTED] is the requesting provider, and he is has provided treatment reports from 03/17/14 - 09/05/14.

IMR ISSUES, DECISIONS AND RATIONALES

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

Gym membership with pool access: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Physical Therapy (PT) & Exercise and the Low Back Chapter

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), ODG guidelines have the following regarding Gym membership (knee):

Decision rationale: Patient presents with bilateral knee, bilateral hip and bilateral shoulder pain rated 5/10. The request is for Gym membership with pool access. Patient has arthritis and wears a right knee brace. Per progress report dated 08/26/14, gym membership with pool access to strengthen the lower extremity musculature is vital for arthritis, but must be done with low-impact activities. Pool therapy is ideal for this, but stationary bike and elliptical machines are also beneficial for low-impact activities. MTUS and ACOEM guidelines are silent regarding gym membership. However, the following is stated in ODG guidelines on Gym membership for knee chapter states that it may be reasonable if home exercise has been ineffective and if there is a need for a special equipment. In this case, the treater makes a good argument for a need for special equipment, namely a pool and other exercise equipments. However, there is no duration with the request. A trial of 3 months membership may be reasonable to see if it is effective but the request is open-ended. The request is not medically necessary.