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DATE OF REVIEW: 04/01/2008

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:

Physical Therapy 3 X 2 wks

A DESCRIPTION OF THE QUALIFICATIONS FOR EACH PHYSICIAN OR OTHER HEALTH CARE PROVIDER WHO REVIEWED THE DECISION:

This case was reviewed by a Texas licensed MD, specializing in Orthopedic Surgery. The physician advisor has the following additional qualifications, if applicable:

ABMS Orthopaedic Surgery
 TX DWC ADL

REVIEW OUTCOME:

Upon independent review the reviewer finds that the previous adverse determination/adverse determinations should be:

Upheld

Health Care Service(s) in Dispute	CPT Codes	Date of Service(s)	Outcome of Independent Review
Physical Therapy 3 X 2 wks		-	Upheld

PATIENT CLINICAL HISTORY [SUMMARY]:

A request has been submitted by Mr. for physical therapy services. The therapy services are for CPT codes of an active nature 97110, 97530 and G0283. injury clinic record specifically Dr. notes, diagnose a medical meniscal tear with an effusion. Physical therapy notes from November and December 2007 and January 2008 document an abundant amount of coaching education and training, especially in active exercise programs. Certainly one cannot fault the concept of rehabilitation even for this kind of knee problem, but by the physical therapy notes submitted from the above-mentioned dates it should be concluded that this patient should be comfortable with a home exercise based program only and no further in-house monitored therapy would be needed. Certainly the request falls outside of guidelines as noted, and there is no clinical reason to vary from same.

ANALYSIS AND EXPLANATION OF THE DECISION INCLUDE CLINICAL BASIS, FINDINGS AND CONCLUSIONS USED TO SUPPORT THE DECISION:

ODG allows for fading of treatment frequency (from up to 3 visits per week to 1 or less), plus active self- directed home PT

Dislocation of knee (meniscus tear): Medical treatment: 9 visits over 8 weeks

A DESCRIPTION AND THE SOURCE OF THE SCREENING CRITERIA OR OTHER CLINICAL BASIS USED TO MAKE THE DECISION:

ODG: