



DATE OF REVIEW: August 15, 2008

IRO Case #:

Description of the services in dispute:

Denied for medical necessity.

Items in dispute: Work conditioning 2 hr session.

A description of the qualifications for each physician or other health care provider who reviewed the decision

This reviewer has a BS in Psychology, is a Doctor of Chiropractic, and has a Masters in Fitness Management. This reviewer has special certification in disability evaluation and rating of permanent impairment, insurance consulting, peer review, independent medical examination, medical legal issues in chiropractic, coxa flexion distraction, management of sports injuries, nimmo receptor tonus, myofascial trigger point, therapeutic exercise, chiropractic biophysics I and II, and Earhardt x-ray I and II. This reviewer has been in active practice since 1994.

Review Outcome

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

Overtured

Items in dispute: Work conditioning 2 hr session.

The medical necessity for work condition 2 hr session is established.

Patient clinical history [summary]

Records submitted for review indicate a xx/xx/xx date of injury. There is a 2-12-08 Report of Medical Evaluation from M.D. The report describes a xx/xx/xx work injury resulting in extensive laceration of right hand with compound fracture and lacerated extensor tendons. The report notes hand surgeries 12-20-06, 8-23-07, and a third surgery scheduled 2-18-08. The report states the patient must have extensive therapy subsequent to this third surgery "if he is to regain the use of his right hand." The report estimates the patient not at MMI until 8-12-08. There are office notes from M.D. 5-29-08 and 6-26-08. The 5-29-08 note indicates the doctor feels it is imperative that the patient get moving on the work conditioning program. The 6-29-08 note states no further surgery

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that could improve his function and reiterates that the patient should be pulled in for work conditioning. There is a 6-18-08 Consultation Report from D.C. The report describes three surgeries: 12/06 followed by PT, 8/07 followed by immobilization and OT, and 2/08 followed by 12 sessions of OT. Continued deficits are recorded with diagnosis of 882.0, 842.0, 883.1, and 727.8. There is a 6-18-08 Preauthorization Request from Dr. for work conditioning 2h/day, 3x/wk x 4/wks. There are review findings 7-4-08, 7-22-08 reflecting non-certification of requested procedures.

As noted in the previous determination, 2 of 3 of the lifting tests in the 6-18-08 FCE were considered invalid as the coefficients of variation were well above accepted norms. Records indicate the patient has received 12 sessions of OT subsequent to the 2-18-08 surgery. It is unclear what procedures were provided during this period of therapy, nor what the patient's response to these procedures was. Patients should be formally assessed after a "six-visit clinical trial" to see if the patient is moving in a positive direction, no direction, or a negative direction (prior to continuing with the physical therapy). It is not recommended that patients go from work conditioning to work hardening to chronic pain programs, repeating many of the same treatments without clear evidence of benefit. (Schonstein-Cochrane, 2008).

Additional information submitted consists of a 7-9-08 Preauthorization Request and a 7-9-08 FCE from D.C. Previous denial rationale included that the request submitted was for work hardening vs. work conditioning and that the 6-18-08 FCE findings were invalid. The request now is clearly for work conditioning vs. work hardening. There is now a valid 7-9-08 FCE submitted.

Analysis and explanation of the decision include clinical basis, findings and conclusions used to support the decision.

Based on this additional information 12 visits of work conditioning over 8 weeks would be considered medically necessary.

A description and the source of the screening criteria or other clinical basis used to make the decision:

ODG Guidelines. Physical Therapy Guidelines. 2007.

ODG Guidelines. Work Conditioning, work hardening. 2007.

ODG Guidelines. Forearm, wrist, & hand. Work Conditioning. 2007.