

PATIENT CLINICAL HISTORY [SUMMARY]:

This individual was injured when tripping over a curb runner while working as a , injuring her right knee, ankle, and foot with some complaints of right hip pains. She had an MRI of her right knee showing some degenerative changes and meniscal abnormalities. She has apparently had some disc treatments and conservative measures of physical therapy. There is some concern about her ability to perform all of her job duties of walking 2 hours per day, once in the morning and once in the evening.

ANALYSIS AND EXPLANATION OF THE DECISION INCLUDE CLINICAL BASIS, FINDINGS AND CONCLUSIONS USED TO SUPPORT THE DECISION. IF THERE WAS ANY DIVERGENCE FROM DWC'S POLICIES/GUIDLEINES OR THE NETWORK'S TREATMENT GUIDELINES, THEN INDICATE BELOW WITH EXPLANATION.

RATIONALE: Work hardening implies that there is a strength deficit and a conditioning need. This individual has an arthritic knee with acute traumatic inflammation. Work hardening would likely aggravate the situation more than improve it. This patient's needs are medically met best by corticosteroid injections, oral anti-inflammatory, and pain medicines. There is no reason to anticipate that by going to a work hardening program that she would be able to walk more hours per day. She either will be able to or she won't and there is no need for strengthening or conditioning of her leg. There is only need for pain control so she can do her job.

Her job is minimally physically demanding and thus requires her to walk shortly back and forth across the streets. If she cannot tolerate walking she may not be able to return to work with or without any interventions including work hardening. Work hardening is not recognized as primary treatment in this particular problem.

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

XX MEDICAL JUDGEMENT, CLINICAL EXPERIENCE AND EXPERTISE IN ACCORDANCE WITH ACCEPTED MEDICAL STANDARDS

XX ODG- OFFICIAL DISABILITY GUIDELINES & TREATMENT GUIDELINES