



DATE OF REVIEW: March 17, 2008

IRO Case #:

Description of the services in dispute:

1. Work Hardening Program x 20 days/sessions.

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:

Upheld

Provide a description of the review outcome that clearly states whether or not medical necessity exists for each of the health care services in dispute.

1. Work Hardening Program x 20 days/sessions.

The records do not support medical necessity of a Work Hardening Program x 20 days/sessions. The following criteria for admission to a work hardening program are not clearly or adequately met in the documentation submitted.

Information provided to the IRO for review

Notice of case assignment 2-27-08 - 1 page

Confirmation of receipt of request for IRO 3-26-08 - 5 pages  
Request form 2-25-08 - 3 pages  
Letter 1-30-08 - 2 pages  
Letter 2-15-08 - 2 pages

Notice of assignment of IRO 2-27-08 - 1 page  
Insurance verification form for Work Comp 8-29-07 - 1 page  
Request for Work Hardening - 1 page  
Initial Narrative report 2-22-06 - 3 pages  
Physical, Neurological and Orthopedic exam 2-27-06 - 1 page  
Daily progress notes 4-12-06 - 1 page  
Physical, Neurological and Orthopedic exam 11-20-06 - 1 page  
History and Physical 12-5-06 - 2 pages  
Daily progress notes 1-29-07 - 1 page  
MRI right wrist 2-5-07 - 1 page  
MRI right elbow 2-5-07 - 1 page  
MRI right shoulder 2-5-07 - 1 page  
Daily progress notes 2-7-07 - 1 page  
Three view right shoulder x-ray report 2-9-07 - 1 page  
Two view right elbow x-ray report 2-9-07 - 1 page  
Two view right wrist x-ray report 2-9-07 - 1 page  
Daily progress notes 2-9-07, 2-21-07 - 2 pages  
Follow up report 2-27-07 - 1 page  
Clinical impression report 10-9-07 - 1 page  
Letter 10-12-07, 10-15-07, 10-25-07 - 4 pages  
Clinical impression report 10-30-07 - 1 page  
Evaluation/discharge progress report 11-12-07 - 1 page  
Clinical impression report 11-20-07 - 1 page  
Initial behavioral medicine consultation 1-15-08 - 5 pages  
History and physical for work hardening 1-15-08 - 2 pages  
Multidisciplinary work hardening plan and goals of treatment 1-15-08 - 4 pages  
Functional abilities evaluation 1-15-08 - 15 pages  
Employee job description/Employer contact form 1-25-08 - 2 pages  
Work hardening program preauthorization request 1-25-08 - 1 page  
Work hardening program preauthorization request letter 1-25-08 - 3 pages  
Reconsideration work hardening program request 2-11-08 - 1 page  
Reconsideration work hardening program request letter 2-11-08 - 4 pages  
Letter from Dr. 2-27-08 - 1 page

FROM THE CARRIER:

Notice of assignment of IRO 2-27-08 - 1 page  
Physician's orders 5-12-05 - 1 page  
Therapy comments 5-23-05 - 1 page  
Note of inability to contact patient 5-20-05 - 1 page  
History and physical 12-30-05 - 2 pages  
Hospital notes 12-30-05 - 2 pages  
Patient contact form 1-21-06 - 1 page  
History and physical 1-21-06 - 2 pages  
Discharge instructions 1-21-06 - 1 page  
Referral form 1-21-06 - 1 page  
Discharge instructions 1-21-06 - 1 page  
Claim form 1-25-06 - 2 pages  
Progress notes 2-6-06 - 1 page  
History and physical 3-6-08 - 1 page  
Notice of denial 3-16-06 - 1 page  
Notice of disputed issue 3-16-06 - 1 page  
Progress notes 5-22-06, 5-30-06 - 3 pages  
Physician's orders 5-30-06 - 2 pages  
Neck treatment note 6-8-06 - 1 page  
Bone consultation/MR upper extremity pain report 6-24-06 - 2 pages  
Clinician record 7-24-06 - 2 pages  
ER Orders/notes 7-23-06 - 2 pages  
record 7-23-06 - 3 pages Progress  
notes 7-24-06 - 2 pages CT report  
7-24-06 - 2 pages  
Lab reports 7-24-06 - 6 pages  
report 7-24-06 - 1 page  
Benefit review conference report 7-26-06 - 2 pages  
Decision and order report 7-26-06 - 3 pages  
Work status report 9-18-07 - 1 page  
Evaluation and management services notes 10-9-07 - 3 pages  
Preliminary diagnosis/problems shoulder 10-9-07 - 1 page  
Treatment plan 10-9-07 - 1 page  
Preliminary diagnosis/problems elbow 10-9-07 - 1 page  
Treatment plan 10-9-07 - 1 page  
Preliminary diagnosis/problems wrist 10-9-07 - 1 page  
Treatment plan 10-9-07 - 1 page

Imaging report 10-9-07 - 4 pages  
Evaluation and management report 10-9-07 - 1 page  
Evaluation and management report - 8 pages  
Work status report 10-30-07 - 1 page  
Preliminary diagnosis/problems wrist 10-30-07 - 1 page  
Treatment plan 10-30-07 - 1 page  
Preliminary diagnosis/problems elbow 10-30-07 - 1 page  
Treatment plan 10-30-07 - 1 page  
Preliminary diagnosis/problems shoulder 10-30-07 - 1 page  
Treatment plan 10-30-07 - 1 page  
Evaluation and management notes 10-30-07 - 1 page  
Work status report 11-20-07 - 1 page  
Evaluation and management notes 11-20-07 - 4 pages  
Preliminary diagnosis/problem wrist 11-20-07 - 1 page  
Treatment plan 11-20-07 - 1 page  
Preliminary diagnosis/problems elbow 11-20-07 - 1 page  
Treatment plan 11-20-07 - 1 page  
Preliminary diagnosis/problems shoulder 11-20-07 - 1 page  
Treatment plan 11-20-07 - 1 page  
Procedure report 11-20-07 - 1 page  
Functional Capacity Evaluation 1-4-08 - 5 pages  
Testing and Measurements Supplemental information 1-4-08 - 7 pages  
Report of medical evaluation 1-4-08 - 4 pages  
Work status report 1-11-08 - 2 pages  
Imaging report 1-8-08 - 3 pages  
Evaluation and Management report 1-5-08 - 1 page  
Preliminary diagnosis/problems shoulder 1-8-08 - 1 page  
Treatment plan 1-8-08 - 1 page  
Preliminary diagnosis/problems wrist 1-8-08 - 1 page  
Treatment plan 1-8-08 - 1 page  
Preliminary diagnosis/problems elbow 1-8-08 - 1 page  
Treatment plan 1-8-08 - 1 page  
Work hardening program preauthorization request 1-25-08 - 1 page  
Work status report 1-29-08 - 1 page  
Preliminary diagnosis/problems shoulder 1-29-08 - 1 page  
Treatment plan 1-29-08 - 1 page  
Preliminary diagnosis/problems elbow 1-29-08 - 1 page  
Treatment plan 1-29-08 - 1 page  
Preliminary diagnosis/problems wrist 1-29-08 - 1 page

Treatment plan 1-29-08 - 1 page  
Evaluation and management services 1-29-08 - 1 page  
Work status report 2-19-08 - 1 page  
Preliminary diagnosis/problems wrist 2-19-08 - 1 page  
Treatment plan 2-19-08 - 1 page  
Preliminary diagnosis/problems elbow 2-19-08 - 1 page  
Treatment plan 2-19-08 - 1 page  
Preliminary diagnosis/problems shoulder 2-19-08 - 1 page  
Treatment plan 2-19-08 - 1 page  
Evaluation and management services 2-19-08 - 1 page  
IRO summary 2-29-08 - 2 pages  
Letter from xxx xxx 2-29-08 - 1 page

#### Patient clinical history [summary]

The records submitted for review indicates an injury. Accident and complaints are consistently reported in the above noted voluminous records as right elbow, shoulder, and wrist pain following lifting and dropping a heavy table at work. The records indicate the patient sought care at Emergency Room initially. The records from Hospital indicate negative x-rays with subsequent visits on 1-21-06 and 3-6-06 resulting in treatments of prescription medication, arm sling, and recommendation for follow up with an orthopedist. There is a 12-6-06 History and Physical from D.O. Assessment is traumatic injury to right shoulder, and elbow with somatic dysfunction, myofascial pain syndrome, and possible brachial plexus injury. Recommendation is noted for pain medication. X-ray reports from 2-9-07 and MRI reports from 2-5-07 are included. X-rays are noted negative. MRI findings include wrist: small distal radial ulnar joint effusion, mild intermediate signal intensity in peripheral TFCC, otherwise remarkable; elbow: mild distal triceps tendinosis without evidence of tear or bursitis, very small non-specific elbow effusion; shoulder: down sloping acromion, rotator cuff tendinosis/tendinitis without tear, tiny glenohumeral joint effusion. There is a 2-22-06 Initial Narrative (revised) from D.C. The record notes complaint of right shoulder, elbow, wrist pain, difficulty sleeping, weakness, and swelling. Palpation, orthopedic test, and range of motion findings are noted. Assessment is sprain/strain elbow/shoulder/wrist, swelling upper extremity, numbness, tingling, difficulty sleeping. Plan is noted for x-ray, EMS, cryotherapy, infrared, myofascial release, MRI, and therapeutic exercise. There are four records describing EMS, massage, and therapeutic exercise procedures 1-29-07, 2-7-07, 2-9-07, and 2-21-07. There are History and Physical 12-5-06 and Follow-up 2-27-07 records from D.O. Complaints and findings are consistent with previous records. The 2-27-07 record notes plan to continue conservative therapy, medications, and recommendation for orthopedic consult. There are E/M, Treatment Plan, and Diagnoses records 10-9-07, 11-20-07, 1-8-08, 1-29-08, 2-19-08 Clinic, P.A. Again, these are consistent with the previously described complaints. Treatment includes continuation of medications, injection and recommendation for physical therapy 3x a week x 4 weeks for right

shoulder pain and derangement, right wrist and elbow pain and paresthesia. There is 1-15-08 Functional Abilities Evaluation which places the patient at light PDL vs. a heavy job requirement. There is an Accustrust Diagnostics Physical Capacity test record placing the patient at sedentary PDL. The record notes validity criteria of 11 out of 18. The record states "due to her inhibited strength and range of motion deficit and her statement that she has not received any physical therapy treatment, it would be beneficial for her to attend active physical therapy, progressing to a work hardening program." There is an Evaluation Centers Report of Medical Evaluation 1-4-08 from M.D. This record notes complaint of right shoulder pain and stiffness of the right hand described as freezing. Examination section notes "very poor effort exhibited by the examinee." Also noted is "muscle strength 5/5 on the right and 5/5 on the left. In upper extremities, although the examinee exhibits almost no effort for range of motion but strength appears normal." The record further references the 1-4-08 FCE noting opinion that the patient did not give a valid effort. Summary and Comments on "The examinees ability to return to work" is that the patient may return to work with no restrictions in any capacity needed for whatever job description she applies for. A 1-25-08 Preauthorization Request is submitted from D.C. for procedures #97545 and #97546 5x per week x 4 weeks for diagnoses 841.9 and 842.0.

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

The records do not support medical necessity of a Work Hardening Program x 20 days/sessions. The following criteria for admission to a work hardening program are not clearly or adequately met in the documentation submitted.

1. Physical recovery sufficient to allow for progressive reactivation and participation for a minimum of 4 hours a day for three to five days a week.
2. A defined return to work goal agreed to by the employer & employee: a. A documented specific job to return to, OR b. Documented on-the-job training
3. The worker must be able to benefit from the program. Approval of these programs should require a screening process that includes file review, interview and testing to determine likelihood of success in the program.
4. The worker must be no more than 2 years past date of injury. Workers that have not returned to work by two years post injury may not benefit.

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

ODG Guidelines. Shoulder. Work Conditioning Work Hardening. 2007