



Medical Review Institute of America, Inc.  
America's External Review Network

DATE OF REVIEW: January 20, 2009

IRO Case #:

Description of the services in dispute:

20 sessions of a work conditioning program.

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

The physician providing this review is board certified in Anesthesiology and is a doctor of Osteopathy. The reviewer is currently an attending physician at a major medical center providing anesthesia and pain management services. The reviewer has participated in undergraduate and graduate research. The reviewer has been in active practice since 1988.

Review Outcome

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

Upheld

20 sessions of a work conditioning program is not medically necessary for this patient as it should have been done before the pain management program since it is lower level of care.

Information provided to the IRO for review

Records received from the state:

Confirmation of Receipt of Request for a Review by an Independent Review Organization (9 pages)

Records Received from Requestor:

Preauthorization Request dated 11/13/08 from , DC (3 pages)

Functional Capacity Assessment dated 11/13/08 (11 pages)

Request for Reconsideration dated 12/03/08 from , DC (2 pages)

Letter of Medical Necessity dated 01/12/09 from , MD (2 pages)

Records from Insurance Company:

Fax Cover Sheet dated 11/13/08 from (1 page)

Request for Preauthorization, Concurrent Review, and Voluntary Certification per TWCC adopted Amended Rule 134.600 dated 11/13/08 (1 page)

Denial Letter from SRS dated 11/17/08 (4 pages)

Request for Preauthorization, Concurrent Review, and Voluntary Certification per TWCC adopted Amended Rule 134.600 dated 12/04/08 (1 page)

Denial Letter from SRS dated 12/09/08 (3 pages)

Patient clinical history [summary]

The patient is a xx- year-old male with a date of injury inxx/xx. The patient has a diagnosis of lumbar radiculitis and is status post right knee surgery. He had physical therapy (PT) postoperative and 20 sessions of a chronic pain program that ended in 8/08. His recent FCE noted he is at medium PDL and needs heavy despite this treatment.

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

First, the work conditioning should have been done before the pain program as work conditioning is considered a lower level of care. Second, the request for 20 sessions greatly exceeds ODG recommendations, which would allow 10 sessions to help restore physical functionality. Finally, there is no indication the patient made any attempt whatsoever after this prior treatment to return to work in any capacity or to any other job as a pain program's goal is to return patients to their old job or retrain them for a new one.

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

ACOEM pg 11.

ODG: ODG Physical Therapy Guidelines – Work Conditioning 10 visits over 8 weeks

See also Physical therapy for general PT guidelines.

And, as with all physical therapy programs, Work Conditioning participation does not preclude concurrently being at work.

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