

SENT VIA EMAIL OR FAX ON  
Jul/11/2009

## Pure Resolutions Inc.

An Independent Review Organization

1124 N Fielder Rd, #179

Arlington, TX 76012

Phone: (817) 349-6420

Fax: (512) 597-0650

Email: manager@pureresolutions.com

### NOTICE OF INDEPENDENT REVIEW DECISION

**DATE OF REVIEW:**

Jul/03/2009

**IRO CASE #:**

**DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:**

Additional PT for the Left foot/ankle

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

Board Certified in Physical Medicine and Rehabilitation

Subspecialty Board Certified in Pain Management

Subspecialty Board Certified in Electrodiagnostic Medicine

Residency Training PMR and ORTHOPAEDIC SURGERY

**REVIEW OUTCOME:**

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

Upheld (Agree)

Overturned (Disagree)

Partially Overturned (Agree in part/Disagree in part)

**PATIENT CLINICAL HISTORY SUMMARY**

This is a man injured when a 900 pound beam fell on his left foot on xx/xx/xx. He had been seen in an emergency department that showed a fracture of the second metatarsal that possibly reached the midfoot joint. A subsequent MRI on 4/9/09 showed evidence of bone contusion and a minimally displaced fracture of the second metatarsal that did not enter the joint. There was a small effusion in the ankle joint. He had a stitch abscess that resolved. He received a reported 34 sessions of PT. These therapy sessions addressed therapeutic exercises, neuromuscular reeducation, myofascial release, joint mobilization and electrical stimulation. A Designated Doctor Exam in June stated he was not at MMI. Tarsal tunnel syndrome was under consideration. There were no comments about the proposed treatment of the still not healed metatarsal fracture. There is a request for 4 additional weeks of thrice weekly therapy for therapeutic exercises, neuromuscular reeducation and modalities.

**ANALYSIS AND EXPLANATION OF THE DECISION INCLUDING CLINICAL BASIS, FINDINGS AND CONCLUSIONS USED TO SUPPORT THE DECISION**

Physical therapy is addressed in the foot and ankle section of the ODG starting with thrice weekly therapies reduced to once weekly with home programs. There were comments of a possible ankle sprain plus the metatarsal fracture. Ankle fractures (which he did not have) and metatarsal fractures permit 12 visits of therapy. He has already exceeded this amount while 12 additional sessions are requested. There has not been any justification for a variance from the ODG recommendations. Further, treatment of the metatarsal fracture has not resulted in fracture healing.

#### Physical therapy (PT)

Recommended. Exercise program goals should include strength, flexibility, endurance, coordination, and education. Patients can be advised to do early passive range-of-motion exercises at home by a physical therapist. See also specific physical therapy modalities by name. ([Colorado, 2001](#)) ([Aldridge, 2004](#)) This RCT supports early motion (progressing to full weightbearing at 8 weeks from treatment) as an acceptable form of rehabilitation in both surgically and nonsurgically treated patients with Achilles tendon ruptures. ([Twaddle, 2007](#))

ODG Physical Therapy Guidelines –

**Allow for fading of treatment frequency (from up to 3 visits per week to 1 or less), plus active self-directed home PT.** Also see other general guidelines that apply to all conditions under Physical Therapy in the [ODG Preface](#).

#### **Ankle/foot Sprain (ICD9 845):**

Medical treatment: 9 visits over 8 weeks...

#### **Fracture of ankle (ICD9 824):**

Medical treatment: 12 visits over 12 weeks

Post-surgical treatment: 21 visits over 16 weeks

#### **Fracture of ankle, Bimalleolar (ICD9 824.4):**

Medical treatment: 12 visits over 12 weeks

Post-surgical treatment (ORIF): 21 visits over 16 weeks

Post-surgical treatment (arthrodesis): 21 visits over 16 weeks

#### **Fracture of ankle, Trimalleolar (ICD9 824.6):**

Medical treatment: 12 visits over 12 weeks

Post-surgical treatment: 21 visits over 16 weeks

#### **Metatarsal stress fracture (ICD9 825):**

Medical treatment: 12 visits over 12 weeks

Post-surgical treatment: 21 visits over 16 weeks

#### **Fracture of one or more phalanges of foot (ICD9 826):**

Medical treatment: 12 visits over 12 weeks

Post-surgical treatment: 12 visits over 12 weeks

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

ACOEM-AMERICA COLLEGE OF OCCUPATIONAL & ENVIRONMENTAL MEDICINE UM KNOWLEDGBASE

AHCPR-AGENCY FOR HEALTHCARE RESEARCH & QUALITY GUIDELINES

DWC-DIVISION OF WORKERS COMPENSATION POLICIES OR GUIDELINES

EUROPEAN GUIDELINES FOR MANAGEMENT OF CHRONIC LOW BACK PAIN

INTERQUAL CRITERIA

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

MERCY CENTER CONSENSUS CONFERENCE GUIDELINES

MILLIMAN CARE GUIDELINES

ODG-OFFICIAL DISABILITY GUIDELINES & TREATMENT GUIDELINES

PRESSLEY REED, THE MEDICAL DISABILITY ADVISOR

TEXAS GUIDELINES FOR CHIROPRACTIC QUALITY ASSURANCE & PRACTICE PARAMETERS

TEXAS TACADA GUIDELINES

TMF SCREENING CRITERIA MANUAL

PEER ERVIEWED NATIONALLY ACCEPTED MEDICAL LITERATURE (PROVIDE A DESCRIPTION)

OTHER EVIDENCE BASED, SCIENTIFICALLY VALID, OUTCOME FOCUSED GUIDELINES (PROVIDE A DESCRIPTION)