



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

DATE OF REVIEW: May 18, 2010

IRO Case #:

Description of the services in dispute:

Denied for medical necessity: Items in dispute: 10 sessions of work conditioning.

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

This Chiropractic reviewer has a certification in acupuncture as well as is licensed in their state by the board of chiropractic examiners. This reviewer has been in active practice since 2000. This reviewer is currently active in continuing education.

Review Outcome

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

Upheld

Based on the lack of information, the request for 10 work conditioning visits is not medically necessary.

Information provided to the IRO for review

Records from the State:

Confirmation of receipt of request for IRO (8 pages)

Preauthorization Determination 04/22/2010, 04/12/2010 (4 pages)

Records from URA

Letter from Provider requesting IRO 04/27/2010 (5 pages)

Email of Non-Certification on Reconsideration 04/22/2010 (4 pages)

Review from xxxxx 04/22/2010 (2 pages)

Preauthorization Request 04/15/2010 (1 page)

Letter from Provider requesting reconsideration 04/14/2010 (4 pages)

Email of Non-certification 04/12/2010 (3 pages)

Review from xxxxx 04/12/2010 (5 pages)

Preauthorization Request 04/07/2010 (1 page)
Follow-up WC Visit 04/05/2010 (4 pages)
Treatment Plan 04/05/2010 (1 page)
Prescription (1 page)
Work Status Report 04/05/2010 (1 page)
Treatment Note from Rehabilitation (1 page)
Functional capacity evaluation 03/15/2010–08/05/2009 (13 pages)

Patient clinical history [summary]

This patient is a male who sustained an injury on xx/xx/xxxx. The functional capacity evaluation dated 03/15/2010 reported that the patient had slightly increased his lumbar range of motion and his lifting capabilities from 08/05/2009. This note stated that the patient was at a physical demand level of medium as of 03/15/2010. The patient's average lifting scores on the NIOSH were 109.6 for the leg lift, 82.9 for the torso, 79.3 for the arms, and 70.6 for the high near lift. The clinical note dated 04/05/2010 reported that the patient was status post discectomy on 09/23/2009. The patient was also reported to be status post 16 days aquatic therapy with mild progress. There was decreased range of motion in the lumbar spine. Straight leg raise was positive on the right at 70 degrees. The letter dated 04/27/2010 stated that the patient has a musculoskeletal condition with functional limitations precluding the ability to safely and dependably achieve his current job demands.

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

This patient is status post discectomy on 09/23/2009. It was mentioned that the patient has participated in post-operative physical therapy and aquatic therapy; however, there was insufficient documents, in the form of physical therapy notes that demonstrate how many sessions the patient has completed and the effectiveness or lack of effectiveness of the physical therapy at this time. Official Disability Guidelines recommend work conditioning programs for patients who have completed a normal course of physical therapy with continued functional deficits. Therefore, based on the lack of information, the request for 10 work conditioning visits is not medically necessary.

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

Official Disability Guidelines – Low Back Chapter

ODG Work Conditioning (WC) Physical Therapy Guidelines

WC amounts to an additional series of intensive physical therapy (PT) visits required beyond a normal course of PT, primarily for exercise training/supervision (and would be contraindicated if there are already significant psychosocial, drug or attitudinal barriers to recovery not addressed by these programs). See also Physical therapy for general PT guidelines. WC visits will typically be more intensive than regular PT visits, lasting 2 or 3 times as long. And, as with all physical therapy programs, Work Conditioning participation does not preclude concurrently being at work.

Timelines: 10 visits over 4 weeks, equivalent to up to 30 hours.

AO

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