

# US Resolutions Inc.

An Independent Review Organization  
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## NOTICE OF INDEPENDENT REVIEW DECISION

Signed electronically on: Jul/23/2012  
**DATE NOTICE SENT TO ALL PARTIES:** Jul/23/2012

### **IRO CASE #:**

**DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:**  
29877 - Knee Arthroscopy/Surgery and 29881 - Knee Arthroscopy/Surgery

**A DESCRIPTION OF THE QUALIFICATIONS FOR EACH PHYSICIAN OR OTHER HEALTH CARE PROVIDER WHO REVIEWED THE DECISION:**  
M.D., Board Certified Orthopedic 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)

**Provide a description of the review outcome that clearly states whether medical necessity exists for each health care service in dispute.** The reviewer finds that medical necessity does not exist at this time for 29877 - Knee Arthroscopy/Surgery and 29881 - Knee Arthroscopy/Surgery.

**INFORMATION PROVIDED TO THE IRO FOR REVIEW:**  
ODG - Official Disability Guidelines & Treatment Guidelines  
Request for IRO 07/02/12  
Utilization review determination 06/15/12  
Utilization review determination 06/26/12  
MRI right knee 05/25/12  
Clinic notes Dr. 06/04/12-06/25/12  
Early compensability assessment 06/14/12

**PATIENT CLINICAL HISTORY [SUMMARY]:**  
The claimant is a male who is reported to have sustained work related injuries on xx/xx/xx. He is reported to have developed pain in the medial portion of the knee. He was referred for MRI of the right knee on the day following the injury. This study notes a tear of the posterior horn of the body of the medial meniscus. The medial meniscus is partially extruded from the joint space. There is moderate highland cartilage loss and irregularity in the medial compartment. There is a small bone island seen in the lateral tibial plateau. There is a moderate joint effusion. There is mild to moderate highland cartilage loss and partial thickness ulceration of the medial facet of the patella. On 06/04/12 the claimant was seen by Dr.. It is reported that the claimant developed knee pain as a result of hanging a fence at home and PE class with soccer. He reports a catching and giveaway sensation but no

locking. On physical examination he ambulates with a slow symmetric gait. He is able to go from squat to stand and has some medial knee pain. There is palpable tenderness on the medial joint line. There is a positive Apley's and negative McMurray's test. There is no evidence of knee instability. Lachman, lateral pivot shift and posterior drawer tests are negative. Right knee arthroscopy is recommended. The record contains an early compensability assessment performed by Dr. dated 06/14/12. It is reported that the injured employee was jogging across the gym and noted a right knee injury. The claimant sustained a medial meniscal tear and that unrelated to the compensable event includes chondromalacia patella and highland cartilage loss. The claimant was seen on 06/19/12. Surgical intervention is again recommended. Clinic notes dated 06/22/12 and 06/25/12 note efforts to contact a peer review physician.

The initial review was performed on 06/15/12. The reviewer non-certified the request noting that the Official Disability Guidelines criterion for a meniscectomy includes: completion of conservative care, significant clinical findings, and imaging studies confirming the meniscal tear. The reviewer notes there is a lack of information regarding the claimant's completion of conservative treatments to include physical therapy, medications and activity modifications. A subsequent appeal request was performed on 06/26/12. The reviewer notes that this injury occurred one month ago. He notes that there is no documentation the claimant has had any conservative treatment for the right knee. The reviewer notes that per the Official Disability Guidelines there should be evidence of failure of conservative treatment to include physical therapy, medication, or activity modification. Conservative treatment is not required for a locked or blocked knee.

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

The medical records indicate that this man sustained an injury to his right knee while jogging. He was provided early imaging which indicated a tear of the medial meniscus. The record provides no data to establish that the claimant has undergone any form of conservative treatment whatsoever. In the absence of the locked knee there is no clinical indication for early surgical intervention. The Official Disability Guidelines require a four to six month period of conservative treatment prior to the consideration of surgical intervention. As the claimant does not meet these criteria, the prior utilization review determinations are upheld. The request cannot be supported as meeting the Official Disability Guidelines. The reviewer finds that medical necessity does not exist at this time for 29877 - Knee Arthroscopy/Surgery and 29881 - Knee Arthroscopy/Surgery.

**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 KNOWLEDGEBASE

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 REVIEWED NATIONALLY ACCEPTED MEDICAL LITERATURE (PROVIDE A DESCRIPTION)

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