



IRO REVIEWER REPORT – WC

DATE OF REVIEW: 06/23/15

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE

Additional work hardening/conditioning x 12 visits left shoulder

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

Board certified in 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 or not medical necessity exists for each of the health care services in dispute:

- Additional work hardening/conditioning x 12 visits left shoulder - Upheld

PATIENT CLINICAL HISTORY [SUMMARY]:

The claimant is a x who injured her left shoulder during a fall while at work in xxxx. She was treated conservatively with physical therapy, medications and injections. She ultimately underwent arthroscopy with slap lesion repair and partial rotator cuff tear debridement. She attended post surgical physical therapy. She received manipulation under anesthesia in March 2015. Most recently she participated in work hardening/work conditioning.

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

Records indicate the claimant has undergone 24 sessions of therapy, both after the initial arthroscopic surgery of the shoulder and then 24 sessions after the manipulation under anesthesia. The claimant has currently been participating in the initially authorized twelve sessions of work hardening. The Functional Capacity Evaluation on 05/20/15 indicated the claimant required a very heavy physical demand level, but was only demonstrating a light PDL. With the claimant having extensive rehabilitation, with an appropriate amount of work conditioning and not rising above a light PDL, there was no adequate medical rationale provided in the records which supported that with further physical therapy this claimant would rise to a level of function allowing her to return to gainful employment at a very heavy PDL as a flight stewardess. As Official Disability Guidelines do normally recommend up to ten visits for a work conditioning program, as this claimant has only gone through a physiological conditioning and the records did not document a specific psychological issue for which a multi-disciplinary program approach would be indicated, for which ODG would allow up to 20 visits of work hardening, at this time the claimant has exhausted appropriate work conditioning and the records do not support further treatment. In summary, there is a lack of evidence in the records to support deviating from guideline recommendations. There is no evidence in the claimant's clinical presentation that can't be addressed by a home exercise program. As such, the requested additional 12 visits of work hardening/conditioning of the left shoulder is not recommended at this time.

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

- MEDICAL JUDGMENT, CLINICAL EXPERIENCE AND EXPERTISE IN ACCORDANCE WITH ACCEPTED MEDICAL STANDARDS**
- ODG - OFFICIAL DISABILITY GUIDELINES & TREATMENT GUIDELINES**