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Notice of Independent Review Decision

Case Number:

Date of Notice: 04/15/2016

Review Outcome:

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

Orthopedic Surgery

Description of the service or services in dispute:

Cortisone Injection Right knee

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)

The patient is a male who reported an injury on XX/XX/XX. The mechanism of injury reportedly occurred due to twisting of the knee while moving fixtures. On XX/XX/XX, the patient reportedly underwent revision of bilateral L2-5 hemilaminectomy. An MRI of the right knee, performed on XX/XX/XX, was noted to reveal very large knee joint effusion, grade 3 anterior cruciate ligament injury manifested by full thickness tear at the distal insertion of the anterior cruciate ligament onto the tibial plateau with injury surrounded by large amount of fluid in the intercondylar notch, adjacent mid tibiofibular contains an area of bone marrow edema with no evidence of meniscal tear. On XX/XX/XX, the patient was seen for a followup evaluation following right knee ACL strain, acute knee inflammation, and post injury quad weakness. Prior relevant treatment included physical therapy. The patient reported soreness with some activities. Physical examination revealed effusion of the right knee, full range of motion, increased anterior Lachman's, lateral patella tenderness to palpation, medial joint line tenderness to palpation, Patellofemoral crepitus and some quad weakness. The treatment plan included recommendation for more therapy, use of brace for stability and rehabilitation. The request was previously deemed not medically necessary.

Analysis and Explanation of the Decision include Clinical Basis, Findings and Conclusions used to support the decision.

According to the Official Disability Guidelines, Cortisone injections are recommended for the knee for reduction in osteoarthritic knee pain. Per the submitted documentation, the patient had right knee ACL strain, acute knee inflammation, and post injury quad weakness. The physical examination revealed effusion of the right knee, full range of motion, increased anterior Lachman's, lateral patella tenderness to palpation, medial joint line tenderness to palpation, Patellofemoral crepitus and some quad weakness. The patient has failed conservative treatment with physical therapy. The injection was requested to reduce inflammation to improve rehabilitation and mobility to possibly avoid the need for surgical intervention. Due to the evidence of weakness, medial joint line tenderness to palpation, and Patellofemoral crepitus and as the patient has failed conservative treatment with physical therapy and medications, the requested procedure is appropriate.

Therefore, the request for cortisone injection is medically necessary and the prior adverse determination is overturned.

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

- ACOEM-America College of Occupational and Environmental Medicine um
- knowledgebase AHCPR-Agency for Healthcare Research and Quality Guidelines
- DWC-Division of Workers Compensation Policies and
- Guidelines European Guidelines for Management of Chronic
- Low Back Pain Interqual Criteria
- Medical Judgment, Clinical Experience, and expertise in accordance with accepted medical
- standards Mercy Center Consensus Conference Guidelines
- Milliman Care Guidelines
- ODG-Official Disability Guidelines and Treatment
- Guidelines Pressley Reed, the Medical Disability Advisor
- Texas Guidelines for Chiropractic Quality Assurance and Practice
- Parameters Texas TACADA Guidelines
- TMF Screening Criteria Manual
- Peer Reviewed Nationally Accepted Médical **Literature** (Provide a description)
- Other evidence based, scientifically valid, outcome focused guidelines (Provide a description)