

**Date: 11/16/10**

## **Initial Report**

**Account:**

**Contact:**

**Reference #:**

**Patient:**

**Subscriber #:**

**History:** The patient is a 35 year old male who developed acute right neck pain of insidious onset in August of 2010. He was diagnosed by Dr. Jennifer Jones with acute neck pain and radiculopathy secondary to nerve impingement and right facet joint dysfunction. She referred the patient to physical therapy.

On August 29, 2010, the patient was evaluated in physical therapy at Sports Physical Therapy and Rehabilitation Specialists in Kenosha, Wisconsin. The evaluation indicated a significant loss of motion within the cervical spine, spasms within the cervical paraspinal muscles, decreased vertebral mobility, indications of facet joint dysfunction and nerve impingement within the cervical and thoracic spine.

Between August 29 and September 29, 2010, the patient was treated in physical therapy a total of 9 sessions. He received hot packs, ultrasound, mechanical traction, manual therapy techniques, stretching, postural strengthening and nerve gliding exercises. The patient reported feeling only slightly better since starting physical therapy in terms of his neck mobility. He purchased a home cervical traction unit, which did provide some temporary pain relief. However, his pain remained the same between physical therapy treatments and he was instructed in a home program to manage his cervical mobility until he could follow up with his physician.

On October 10, 2010, the patient had a consultation with a spinal specialist, Dr. Smith. Subsequently, the patient underwent an MRI and other diagnostics on October 13, 2010.

Reportedly, the patient had a severe extrusion and herniation in the cervical spine; the exact level undetermined from the documentation provided.

On November 13, 2010, the patient underwent a cervical discectomy and fusion, the level being unknown to this writer.

The patient reportedly has had a significant decrease in pain since his surgery and returns to Dr. Smith on December 5<sup>th</sup> for a follow up. At this time, he is unable to work, but there is no physical therapy scheduled.

### **Case Management Intervention:**

- 9/26/10- Received referral to review ongoing physical therapy. Twelve additional sessions were being requested by the provider.
- Multiple contacts were required with the provider before obtaining legible copies of the physical therapy documentation to review.
- Reviewed physical therapy documentation and made recommendations for one additional session to instruct patient in a home program until the patient could be evaluated by a spinal specialist.
- Established and maintained contact with the patient and his wife, obtained history, provided recommendations, educated on precautions after surgery, and obtained update after surgery.
- The case remains open to case management until his further plan of care is determined at his follow-up with his surgeon on December 5, 2010.

### **Case Management Recommendations:**

- The physical therapy evaluation (8/29/10) plus 6 additional sessions (8/31, 9/5, 9/8, 9/12, 9/15, and 9/19/10) were administratively authorized by the account.
- Recommend 2 additional sessions (9/22 and 9/29/10) as medically necessary.
- Will follow up with the patient after his December 5<sup>th</sup> appointment with his surgeon to ascertain whether or not he is referred to outpatient physical therapy. If physical therapy is referred, will keep case open to case management. If physical therapy is not referred, will close case at that time.

Thank you for this referral. Please contact the undersigned with any questions.

P.T.  
Therapy Case Manager

(Cost savings on next page.)

**Date:** 12/11/2010

**Cost Savings Report**

**Account:**  
**Reference #:**  
**Patient:**  
**Subscriber #:**  
**ID#/Group:**  
**Event:** Cervical disorder (CMT)  
**Date Range:** 12/10/10 - 12/11/10

<b>Category</b>	<b>Amount</b>	<b>Type</b>	<b>Details</b>
Direct	\$ 3,540.00	Conserved services	Cost savings reflect 15 sessions of outpatient physical therapy conserved through case management intervention. Estimated \$236/session.
<b>Total Direct Amount:</b>			<b>\$ 3,540.00</b>
<b>Direct Expenses(-):</b>			<b>\$ 0.00</b>
<b>Admin Auth(-):</b>			<b>\$ 0.00</b>
<b>Total direct savings for this period:</b>			<b>\$ 3,540.00</b>
<b>Total direct savings for this event to date:</b>			<b>\$ 3,540.00</b>
<b>Indirect Savings:</b>			<b>\$ 0.00</b>
<b>Total indirect savings for this event to date:</b>			<b>\$ 0.00</b>