

California Orthopaedic Association

Utilization Review Checklist

FOOT NEUROMA (MORTON'S NEUROMA)

This checklist is intended to help orthopaedic surgeons document important factors for utilization reviewers (UR) when determining the medical necessity for this procedure(s). The checklists, developed by members of COA's Workers' Compensation Committee, will help our members anticipate what questions Utilization Reviewers will need to have documented in order for them to make more informed decisions. COA cannot guarantee that if you document the below issues, the procedure(s) will be approved, but it should help clarify the conservative treatment that the injured worker may have received, the results of the diagnostic imaging tests, and why you believe surgery is indicated.

Please remember that medical treatment requests should be based on the DWC's Medical Treatment Utilization Schedule (MTUS) http://www.dir.ca.gov/dwc/mtus/mtus_regulationsguidelines.html whenever possible as the MTUS guidelines are presumed correct. If the procedure is not covered by MTUS, you are able to utilize other nationally-recognized treatment guidelines such as ACOEM or ODG. You can utilize other high quality guidelines to document medical necessity.

Attach the below checklist along with a copy of the research justifying the procedure to your Request for Authorization (RFA). Having a summary of care to date to add to the checklist facilitates approval.

WORKERS' COMPENSATION UTILIZATION REVIEW CHECK LIST

FOOT NEUROMA (MORTON'S NEUROMA)

Patient name: _____

Claim number: _____

	Check if present
MTUS – ACOEM Guidelines are not applicable to this case	
DIAGNOSIS	
Clinical history and examination	
X-ray	
MRI	
Ultrasound	
CONSERVATIVE TREATMENT	
Shoewear modification	
Orthotics	
Metatarsal pad	
Corticosteroid injection	

Surgical Considerations

Ablative procedures (Gurdezi 13; Chuter 13) and surgical excision is a commonly performed procedure. (Kasperek 13; Jain 13)

Nerve Ablation for Morton's Neuroma

Recommended. Nerve ablation is recommended for Morton's neuroma.

Strength of Evidence – **Recommended, Insufficient Evidence (I)**

Level of Confidence – **Low**

Indications: Select cases where pain and/or debility are significant and changing shoe wear, orthotics and glucocorticoid injection(s) fail to sufficiently control symptoms.

Surgical Excision for Morton's Neuroma

Recommended. Surgical excision is recommended for Morton's neuroma.

Strength of Evidence – **Recommended, Insufficient Evidence (I)**
Level of Confidence – **Moderate**

Indications: Select cases where pain and/or debility are significant and changing shoe wear, orthotics and glucocorticoid injection(s) fail to sufficiently control symptoms.

Rationale: There are no quality sham-controlled trials for any ablative or surgical procedures. There are no comparative trials with non-operative treatments. The only trials compare operative approaches. (Akermark 13; Colgrove 00; Nashi 97) Procedural results thus are unclear, although case series report successful treatments. Ablative procedures or surgery are recommended in select cases where pain and/or debility are significant and changing shoe wear, orthotics and glucocorticoid injection(s) fail to sufficiently control symptoms.

Evidence: There are [3 moderate-quality RCTs](#) incorporated into this analysis.

Updated: March, 2019