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8	UNITED STATES	DISTRICT COURT			
9	CENTRAL DISTRICT OF CALIFORNIA				
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11	SHAYLA N. GIBSON,	CASE NO. CV 17-4692 SS			
12	Plaintiff,				
13	V.	MEMORANDUM DECISION AND ORDER			
14	NANCY A. BERRYHILL, Acting Commissioner of Social				
15	Security,				
16	Defendant.				
17					
18		Ι.			
19	INTRO	DUCTION			
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21	Shayla N. Gibson ("Plainti	ff") brings this action seeking to			
22	overturn the decision of the Acting Commissioner of Social Security				
23	(the "Commissioner" or "Agency") denying her application for				
24	Disability Insurance Benefits. The parties consented, pursuant to				
25	28 U.S.C. § 636(c), to the juris	sdiction of the undersigned United			
26	States Magistrate Judge. (Dkt	. Nos. 11-13). For the reasons			
27	stated below, the Court AFFIRMS the Commissioner's decision.				
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1	II.			
2	PROCEDURAL HISTORY			
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4	On November 26, 2013, Plaintiff filed an application for			
5	Disability Insurance Benefits ("DIB") pursuant to Title II of the			
6	Social Security Act alleging a disability onset date of January 1,			
7	2011. (AR 130-31). The Commissioner denied Plaintiff's			
8	application. (AR 69-82). Plaintiff requested a hearing before			
9	an Administrative Law Judge ("ALJ"), which took place on May 13,			
10	2015. (AR 89, 36-68). The ALJ issued an adverse decision on March			
11	7, 2016, finding that Plaintiff was not disabled because she was			
12	capable of performing her past relevant work as a case worker,			
13	receptionist, and secretary, and because there are also jobs in			
14	the national economy that she can perform. (AR 10-20). On April			
15	25, 2017, the Appeals Council denied Plaintiff's request for			
16	review. (AR 1-9). This action followed on June 26, 2017.			
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18	III.			
19	FACTUAL BACKGROUND			
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21	Plaintiff was born on July 25, 1977. (AR 130). She was thirty-			
22	eight (38) years old when she appeared before the ALJ on February			
23	3, 2017. (AR 40). Plaintiff is a college graduate. (AR 159).			
24	She is single and lives with her family. (AR 130, 165). Plaintiff			
25	last worked in 2010 as a case manager. ¹ (AR 42). She alleges			
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27	¹ As discussed below, Plaintiff's date last worked is in dispute.			
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disability due to bilateral carpal tunnel syndrome and nerve damage
 in her hands and neck. (AR 158).

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A. Plaintiff's Statements And Testimony

In a February 2014 Function Report, Plaintiff asserted that 6 7 her impairments restrict her ability to grab and grasp items. (AR 8 165). Her hands cramp while writing, she drops things, and she has pain in her finger tips, neck, and left arm. (AR 165). 9 She 10 is able to care for her children and her pets. (AR 166). Plaintiff 11 is able to drive and shop for household items. (AR 168). Nevertheless, she contends that her impairments limit her ability 12 13 to lift, stand, walk, sit, reach, finger, concentrate, and complete (AR 170). She cannot lift more than five pounds. 14 tasks. (AR 15 170). In October 2014, Plaintiff denied the use of any medications, 16 including over-the-counter medicines. (AR 212).

17

18 At her February 2016 hearing, Plaintiff expressed confusion 19 about when she stopped working, acknowledging that she may have 20 worked in 2011 and 2012, despite claiming disability beginning in 21 January 2011. (AR 38, 40-42). She testified being unable to work 22 due to carpal tunnel syndrome. (AR 46). Despite having surgery 23 on both wrists, Plaintiff asserted that she has numbness and 24 tingling in her hands and wrists that has spread to her elbows and 25 up to her neck. (AR 46, 51). She cannot sit or stand for long 26 before developing numbress and tingling. (AR 52). Physical 27 therapy and home exercises have not relieved her symptoms. (AR 28 47). Despite continuing pain in her neck, right side, and both

1 hands and elbows, Plaintiff denied seeking any treatment during 2 2015, stating that she "didn't know [she] could." (AR 49-50, 58). 3

Plaintiff testified that she is able to care for her children, ages eight, nine, ten and twelve, including driving them to school, but relies on them to help prepare their meals, wash their clothes, and shop for food. (AR 53-55). She acknowledged being able to personally handwrite the eight-page Function Report, stating that it took her a while because her hand grew tired. (AR 55-56). She is able to lift a case of water. (AR 56).

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12 B. Treatment History

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14 On July 1, 2011, Plaintiff injured her hands, wrists, and 15 shoulders while working as a case manager for Maximus Cal Works. 16 (AR 416-17). In November 2011, Plaintiff reported that physical 17 therapy sessions gave only minimal improvement, but she continued 18 to work. (AR 417-18). She was still experiencing pain to her 19 bilateral hands, wrists, and shoulders that improves with rest. 20 417). Plaintiff's doctor diagnosed bilateral (AR wrist 21 tenosynovitis and bilateral shoulder strain, with a need to rule 22 out bilateral carpal tunnel syndrome. (AR 425).

23

On November 14, 2011, electrodiagnostic testing indicated a right mild compression of the median nerve at the carpal tunnel. (AR 500). In January 2012, nerve conduction studies indicated left carpal tunnel syndrome and early right carpal tunnel syndrome, as well as possible right C6 radiculopathy. (AR 636, 642). In July

and October 2013, Plaintiff underwent bilateral carpal tunnel
 releases. (AR 745-46, 783, 786).

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Plaintiff was evaluated on several occasions between November 4 5 2012 and December 2014 by Andre Chaves, M.D. a workers' compensation Qualified Medical Examiner. (AR 790-807). 6 In March 7 2014, he diagnosed status post bilateral carpal tunnel releases 8 and questionable bilateral cubital tunnel syndrome. (AR 792). On 9 examination, he found full, unimpeded range of motion in flexion 10 and extension of all digits, wrists and elbows without limitation. 11 (AR 791). Dr. Chaves opined that Plaintiff is able to perform 12 keyboard activities so long as they do not exceed thirty minutes 13 per hour. (AR 792). He precluded Plaintiff from repetitive wrist 14 motion, repetitive forceful gripping, and grasping with both hands. 15 In his December 2014 report, Dr. Chaves confirmed (AR 792). 16 bilateral carpal tunnel syndrome based on clinical testing. (AR 17 806).

18

19 On March 31, 2014, John Sedgh, M.D., performed an Internal 20 Medicine Consultation examination, at the request of the Agency. 21 (AR 621-26). He noted a positive "Tinel's sign" in both hands, 22 but his neurological examination was unremarkable, and Plaintiff 23 exhibited a normal range of motion at her wrists. (AR 624-25). 24 Dr. Sedgh opined that Plaintiff can lift or carry twenty pounds 25 occasionally and ten pounds frequently; stand and walk or sit for 26 six hours during an eight-hour workday; occasionally kneel, crouch, 27 and stoop; and occasionally use gross and fine manipulation with 28 either hand. (AR 625-26).

C. State Agency Consultant

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3	On April 17, 2014, Brett Alberty, M.D., a state agency				
4	consultant, reviewed all the available evidence in the medical				
5	file. (AR 70-82). Dr. Alberty found that Plaintiff was limited				
6	to occasionally lifting twenty pounds and frequently ten pounds;				
7	standing and walking or sitting six hours in an eight-hour workday;				
8	with no manipulative or kneeling limitations; and occasionally				
9	stooping, crouching, and crawling. (AR 78-79).				
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11	IV.				
12	THE FIVE-STEP SEQUENTIAL EVALUATION PROCESS				
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14	To qualify for disability benefits, a claimant must				
15	demonstrate a medically determinable physical or mental impairment				
16	that prevents the claimant from engaging in substantial gainful				
17	activity and that is expected to result in death or to last for a				
18	continuous period of at least twelve months. <u>Reddick v. Chater</u> ,				
19	157 F.3d 715, 721 (9th Cir. 1998) (citing 42 U.S.C. § 423(d)(1)(A)).				
20	The impairment must render the claimant incapable of performing				
21	work previously performed or any other substantial gainful				
22	employment that exists in the national economy. <u>Tackett v. Apfel</u> ,				
23	180 F.3d 1094, 1098 (9th Cir. 1999) (citing 42 U.S.C.				
24	§ 423(d)(2)(A)).				
25					
26	To decide if a claimant is entitled to benefits, an ALJ				
27	conducts a five-step inquiry. 20 C.F.R. §§ 404.1520, 416.920. The				
28	steps are:				

1	(1)	Is the claimant presently engaged in substantial gainful		
2		activity? If so, the claimant is found not disabled. If		
3		not, proceed to step two.		
4	(2)	Is the claimant's impairment severe? If not, the		
5		claimant is found not disabled. If so, proceed to step		
6		three.		
7	(3)	Does the claimant's impairment meet or equal one of the		
8		specific impairments described in 20 C.F.R. Part 404,		
9		Subpart P, Appendix 1? If so, the claimant is found		
10		disabled. If not, proceed to step four.		
11	(4)	Is the claimant capable of performing his past work? If		
12		so, the claimant is found not disabled. If not, proceed		
13		to step five.		
14	(5)	Is the claimant able to do any other work? If not, the		
15		claimant is found disabled. If so, the claimant is found		
16		not disabled.		
17				
18	<u>Tackett</u> ,	180 F.3d at 1098-99; <u>see also</u> <u>Bustamante v. Massanari</u> ,		
19	262 F.3d	949, 953-54 (9th Cir. 2001); 20 C.F.R. §§ 404.1520(b)-		
20	(g)(1), 4	16.920(b)-(g)(1).		
21				
22	The o	claimant has the burden of proof at steps one through four		
23	and the	Commissioner has the burden of proof at step five.		
24	Bustamante	e, 262 F.3d at 953-54. Additionally, the ALJ has an		
25	affirmati	ve duty to assist the claimant in developing the record		
26	at every	step of the inquiry. <u>Id.</u> at 954. If, at step four, the		
27	claimant :	meets his or her burden of establishing an inability to		
28	perform past work, the Commissioner must show that the claimant			
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1	can perform some other work that exists in "significant numbers"			
2	in the national economy, taking into account the claimant's			
3	residual functional capacity ("RFC"), age, education, and work			
4	experience. Tackett, 180 F.3d at 1098, 1100; Reddick, 157 F.3d at			
5	721; 20 C.F.R. §§ 404.1520(g)(1), 416.920(g)(1). The Commissioner			
6	may do so by the testimony of a VE or by reference to the Medical-			
7	Vocational Guidelines appearing in 20 C.F.R. Part 404, Subpart P,			
8	Appendix 2 (commonly known as "the grids"). Osenbrock v. Apfel,			
9	240 F.3d 1157, 1162 (9th Cir. 2001). When a claimant has both			
10	exertional (strength-related) and non-exertional limitations, the			
11	Grids are inapplicable and the ALJ must take the testimony of a			
12	vocational expert ("VE"). <u>Moore v. Apfel</u> , 216 F.3d 864, 869 (9th			
13	Cir. 2000) (citing <u>Burkhart v. Bowen</u> , 856 F.2d 1335, 1340 (9th Cir.			
14	1988)).			
15				
16	v.			
	THE ALJ'S DECISION			
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17 18	THE ALJ'S DECISION			
	THE ALJ'S DECISION The ALJ employed the five-step sequential evaluation process			
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18 19	The ALJ employed the five-step sequential evaluation process			
18 19 20	The ALJ employed the five-step sequential evaluation process and concluded that Plaintiff was not disabled within the meaning			
18 19 20 21	The ALJ employed the five-step sequential evaluation process and concluded that Plaintiff was not disabled within the meaning of the Social Security Act. (AR 20). At step one, the ALJ declined			
18 19 20 21 22	The ALJ employed the five-step sequential evaluation process and concluded that Plaintiff was not disabled within the meaning of the Social Security Act. (AR 20). At step one, the ALJ declined to make a finding whether Plaintiff engaged in substantial gainful			
18 19 20 21 22 23	The ALJ employed the five-step sequential evaluation process and concluded that Plaintiff was not disabled within the meaning of the Social Security Act. (AR 20). At step one, the ALJ declined to make a finding whether Plaintiff engaged in substantial gainful activity since January 1, 2011, the alleged onset date. ² (AR 12).			
 18 19 20 21 22 23 24 	The ALJ employed the five-step sequential evaluation process and concluded that Plaintiff was not disabled within the meaning of the Social Security Act. (AR 20). At step one, the ALJ declined to make a finding whether Plaintiff engaged in substantial gainful activity since January 1, 2011, the alleged onset date. ² (AR 12). At step two, the ALJ found that Plaintiff's history of bilateral $\overline{}^2$ The record contains disputed evidence whether Plaintiff worked			
 18 19 20 21 22 23 24 25 	The ALJ employed the five-step sequential evaluation process and concluded that Plaintiff was not disabled within the meaning of the Social Security Act. (AR 20). At step one, the ALJ declined to make a finding whether Plaintiff engaged in substantial gainful activity since January 1, 2011, the alleged onset date. ² (AR 12). At step two, the ALJ found that Plaintiff's history of bilateral			

1 carpal tunnel syndrome post bilateral carpal tunnel release in 2013 2 and bilateral cubital tunnel syndrome are severe impairments. (AR 3 12-14). At step three, the ALJ determined that Plaintiff does not 4 have an impairment or combination of impairments that meet or 5 medically equal the severity of any of the listings enumerated in 6 the regulations. (AR 14).

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The ALJ then assessed Plaintiff's RFC and concluded that she 8 9 perform light work,³ with the following nonexertional can 10 limitations: "[Plaintiff] can perform frequent handling, grasping, 11 gripping and fingering with the bilateral upper extremities; she is unable to engage in keyboard use for more than 30 minutes in an 12 13 hour; and she is limited to occasional overhead reaching with the bilateral upper extremities." (AR 14). At step four, the ALJ 14 found that Plaintiff is capable of performing past relevant work 15 16 as a case worker, receptionist, and secretary.⁴ (AR 18-19).

³ "Light work involves lifting no more than 20 pounds at a time 18 with frequent lifting or carrying of objects weighing up to 10 pounds. Even though the weight lifted may be very little, a job 19 is in this category when it requires a good deal of walking or standing, or when it involves sitting most of the time with some 20 pushing and pulling of arm or leg controls. To be considered capable of performing a full or wide range of light work, you must 21 have the ability to do substantially all of these activities. Ιf 22 someone can do light work, we determine that he or she can also do sedentary work, unless there are additional limiting factors such 23 as loss of fine dexterity or inability to sit for long periods of time." 20 C.F.R. § 404.1567(b). 24

⁴ The VE testified that Plaintiff was able to perform her past relevant work both as generally performed and as actually performed by Plaintiff. (AR 61). The ALJ, however, found that as a case worker, Plaintiff actually performed manipulative activities seven hours in an average workday, which exceeds the RFC. (AR 19). Therefore, the ALJ determined that Plaintiff is capable of performing her past relevant work as a case worker, receptionist,

Alternatively, based on Plaintiff's RFC, age, education, work 1 2 experience and the VE's testimony, the ALJ determined at step five 3 that there are jobs that exist in significant numbers in the national economy that Plaintiff can perform, including sorter, 4 5 inspector, and electronics worker. (AR 19-20). Accordingly, the ALJ found that Plaintiff was not under a disability, as defined by 6 7 the Social Security Act, from January 1, 2011, through the date of 8 the decision. (AR 20). 9 10 VI. 11 STANDARD OF REVIEW 12 13 Under 42 U.S.C. § 405(g), a district court may review the 14 Commissioner's decision to deny benefits. The court may set aside 15 the Commissioner's decision when the ALJ's findings are based on 16 legal error or are not supported by substantial evidence in the 17 record as a whole. Garrison v. Colvin, 759 F.3d 995 (9th Cir. 18 2014) (citing Stout v. Comm'r, Soc. Sec. Admin., 454 F.3d 1050, 19 1052 (9th Cir. 2006)); Auckland v. Massanari, 257 F.3d 1033, 1035 20 (9th Cir. 2001) (citing Tackett, 180 F.3d at 1097); Smolen v. 21 Chater, 80 F.3d 1273, 1279 (9th Cir. 1996) (citing Fair v. Bowen, 2.2 885 F.2d 597, 601 (9th Cir. 1989)). 2.3 24 "Substantial evidence is more than a scintilla, but less than 25 a preponderance." Reddick, 157 F.3d at 720 (citing Jamerson v. 26 27 and secretary as generally performed, and the secretary and receptionist work as actually performed. (AR 19). 28 10

1	Chater, 112 F.3d 1064, 1066 (9th Cir. 1997)). It is "relevant
2	evidence which a reasonable person might accept as adequate to
3	support a conclusion." <u>Id.</u> (citing <u>Jamerson</u> , 112 F.3d at 1066;
4	Smolen, 80 F.3d at 1279). To determine whether substantial
5	evidence supports a finding, the court must "`consider the record
6	as a whole, weighing both evidence that supports and evidence that
7	detracts from the [Commissioner's] conclusion.'" <u>Auckland</u> , 257
8	F.3d at 1035 (citing <u>Penny v. Sullivan</u> , 2 F.3d 953, 956 (9th Cir.
9	1993)). If the evidence can reasonably support either affirming
10	or reversing that conclusion, the court may not substitute its
11	judgment for that of the Commissioner. <u>Reddick</u> , 157 F.3d at 720-
12	21 (citing <u>Flaten v. Sec'y</u> , 44 F.3d 1453, 1457 (9th Cir. 1995)).
13	
14	VII.
15	DISCUSSION
16	
17	Plaintiff asserted that she is unable to work due to
18	debilitating pain, numbness, and tingling in her bilateral hands
19	and wrists, which sometimes radiates from her elbows to her neck.
20	
	(AR 46, 51, 52, 165, 170). Plaintiff testified that her symptoms
21	(AR 46, 51, 52, 165, 170). Plaintiff testified that her symptoms cause difficulty gripping, reaching, and prolonged writing. (AR
21 22	
	cause difficulty gripping, reaching, and prolonged writing. (AR
22	cause difficulty gripping, reaching, and prolonged writing. (AR 165, 170). She limits her daily activities, relying heavily on
22 23	cause difficulty gripping, reaching, and prolonged writing. (AR 165, 170). She limits her daily activities, relying heavily on her four minor children for help with household chores. (AR 53-
22 23 24	cause difficulty gripping, reaching, and prolonged writing. (AR 165, 170). She limits her daily activities, relying heavily on her four minor children for help with household chores. (AR 53-
22 23 24 25 26 27	cause difficulty gripping, reaching, and prolonged writing. (AR 165, 170). She limits her daily activities, relying heavily on her four minor children for help with household chores. (AR 53-55).
22 23 24 25 26	cause difficulty gripping, reaching, and prolonged writing. (AR 165, 170). She limits her daily activities, relying heavily on her four minor children for help with household chores. (AR 53- 55). When assessing a claimant's credibility regarding subjective
22 23 24 25 26 27	cause difficulty gripping, reaching, and prolonged writing. (AR 165, 170). She limits her daily activities, relying heavily on her four minor children for help with household chores. (AR 53- 55). When assessing a claimant's credibility regarding subjective pain or intensity of symptoms, the ALJ must engage in a two-step

First, the ALJ must determine if there is medical evidence of an 1 impairment that could reasonably produce the symptoms alleged. 2 3 Garrison, 759 F.3d at 1014. "In this analysis, the claimant is 4 not required to show that her impairment could reasonably be expected to cause the severity of the symptom she has alleged; she 5 need only show that it could reasonably have caused some degree of 6 7 the symptom." Id. (emphasis in original) (citation omitted). "Nor must a claimant produce objective medical evidence of the pain or 8 fatigue itself, or the severity thereof." Id. (citation omitted). 9 10

11 If the claimant satisfies this first step, and there is no 12 evidence of malingering, the ALJ must provide specific, clear and 13 convincing reasons for rejecting the claimant's testimony about the symptom severity. Trevizo, 874 F.3d at 678 (citation omitted); 14 see also Smolen, 80 F.3d at 1284 ("[T]he ALJ may reject the 15 16 claimant's testimony regarding the severity of her symptoms only 17 if he makes specific findings stating clear and convincing reasons 18 for doing so."); Robbins v. Soc. Sec. Admin., 466 F.3d 880, 883 19 (9th Cir. 2006) ("[U]nless an ALJ makes a finding of malingering 20 based on affirmative evidence thereof, he or she may only find an 21 applicant not credible by making specific findings as to 22 credibility and stating clear and convincing reasons for each."). 23 "This is not an easy requirement to meet: The clear and convincing 24 standard is the most demanding required in Social Security cases." 25 Garrison, 759 F.3d at 1015 (citation omitted).

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27 In discrediting the claimant's subjective symptom testimony, 28 the ALJ may consider the following: (1) ordinary techniques of credibility evaluation, such as the claimant's reputation for lying, prior inconsistent statements concerning the symptoms, and other testimony by the claimant that appears less than candid; (2) unexplained or inadequately explained failure to seek treatment or to follow a prescribed course of treatment; and (3) the claimant's daily activities.

10 Ghanim v. Colvin, 763 F.3d 1154, 1163 (9th Cir. 2014) (citation 11 omitted). Inconsistencies between a claimant's testimony and 12 conduct, or internal contradictions in the claimant's testimony, 13 also may be relevant. Burrell v. Colvin, 775 F.3d 1133, 1137 (9th 14 Cir. 2014); Light v. Soc. Sec. Admin., 119 F.3d 789, 792 (9th Cir. 15 In addition, the ALJ may consider the observations of 1997). 16 treating and examining physicians regarding, among other matters, 17 the functional restrictions caused by the claimant's symptoms. 18 Smolen, 80 F.3d at 1284; accord Burrell, 775 F.3d at 1137. However, 19 it is improper for an ALJ to reject subjective testimony based 20 "solely" on its inconsistencies with the objective medical evidence 21 presented. Bray v. Comm'r of Soc. Sec. Admin., 554 F.3d 1219, 1227 22 (9th Cir. 2009) (citation omitted).

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Further, the ALJ must make a credibility determination with findings that are "sufficiently specific to permit the court to conclude that the ALJ did not arbitrarily discredit claimant's testimony." <u>Tommasetti v. Astrue</u>, 533 F.3d 1035, 1039 (9th Cir. 2008) (citation omitted); <u>see Brown-Hunter v. Colvin</u>, 806 F.3d 487,

493 (9th Cir. 2015) ("A finding that a claimant's testimony is not 1 credible must be sufficiently specific to allow a reviewing court 2 3 to conclude the adjudicator rejected the claimant's testimony on permissible grounds and did not arbitrarily discredit a claimant's 4 5 testimony regarding pain.") (citation omitted). Although an ALJ's interpretation of a claimant's testimony may not be the only 6 7 reasonable one, if it is supported by substantial evidence, "it is not [the court's] role to second-guess it." Rollins v. Massanari, 8 9 261 F.3d 853, 857 (9th Cir. 2001).

10

The ALJ concluded that "the overall record fails to support the severity of symptoms and limitations alleged." (AR 15). He provided several specific, clear, and convincing reasons to find Plaintiff's complaints of disabling pain, numbness, and tingling in her bilateral hands and wrists not entirely credible. (AR 14-18). These reasons are sufficient to support the Commissioner's decision.

18

19 The ALJ noted that Plaintiff's subjective symptoms were 20 inconsistent with her conservative course of treatment. (AR 15). 21 "[E]vidence of conservative treatment is sufficient to discount a 22 claimant's testimony regarding severity of an impairment." Parra 23 v. Astrue, 481 F.3d 742, 751 (9th Cir. 2007)) (citation omitted); 24 see Meanel v. Apfel, 172 F.3d 1111, 1114 (9th Cir. 1999), as amended 25 (June 22, 1999) ("Meanel's claim that she experienced pain 26 approaching the highest level imaginable was inconsistent with the 27 'minimal, conservative treatment' that she received."). Although 28 alleging debilitating symptoms, Plaintiff admitted that she had

not received any medical treatment since July 2015, after settling 1 her workers' compensation claim. (AR 47). Further, as early as 2 3 October 2014, she reported using no medications, even over-thecounter medicines. (AR 212). "Impairments that can be controlled 4 5 effectively with medication are not disabling for the purpose of determining eligibility for SSI benefits." Warre v. Comm'r of Soc. 6 7 Sec. Admin., 439 F.3d 1001, 1006 (9th Cir. 2006). Instead, 8 Plaintiff used only home remedies, including exercises and heat. (AR 49-50). The lack of treatment records during the relevant 9 10 period suggests that Plaintiff's symptoms were not as severe as 11 she alleged. See Tommasetti, 553 F.3d at 1039-40 (ALJ may properly 12 infer that claimant's pain "was not as all-disabling as he reported 13 in light of the fact that he did not seek an aggressive treatment 14 program"). Plaintiff testified that "she didn't know [she] could" 15 seek additional treatment. (AR 58). The ALJ concluded however, 16 that "[Plaintiff's] explanation makes little sense given the 17 severity of symptoms alleged." (AR 15). The ALJ properly could 18 find, after considering Plaintiff's sparse and conservative 19 treatment history, that Plaintiff's testimony and statements 20 regarding her disabling pain were not entirely credible.

21

The ALJ also found that Plaintiff's allegations were internally inconsistent. (AR 15). "[T]he ALJ may consider inconsistencies either in the claimant's testimony or between the testimony and the claimant's conduct." <u>Molina v. Astrue</u>, 674 F.3d 1104, 1112 (9th Cir. 2012); <u>see Burch v. Barnhart</u>, 400 F.3d 676, 680 (9th Cir. 2005) ("ALJ may engage in ordinary techniques of credibility evaluation, such as . . . inconsistencies in

claimant's testimony"); accord 20 C.F.R. §§ 404.1529(c)(4), 1 416.929(c)(4). While Plaintiff claimed markedly limited bilateral 2 3 hand and wrist use, she acknowledged at the hearing that she wrote the detailed, lengthy handwritten statements reflected in her 4 5 Function Report and is able to lift a case of water. (Compare AR 165, 170, with id. 55-56; see id. 15). Further, Plaintiff reported 6 7 to her physician being able to take care of her four small children 8 alone and being able to "work out", meaning exercise at a gym. (AR 246). However, at her hearing, Plaintiff testified that she relies 9 10 on her four minor children for significant help with household 11 chores. (AR 53-55).

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13 Plaintiff contends that the ALJ ignored that while she is 14 "able to perform activities of daily living she is only able to do 15 so for short periods of time and with difficulty." (Dkt. No. 19 16 at 8). "ALJs must be especially cautious in concluding that daily 17 activities are inconsistent with testimony about pain, because 18 impairments that would unquestionably preclude work and all the 19 pressures of a workplace environment will often be consistent with 20 doing more than merely resting in bed all day." Garrison, 759 F.3d 21 at 1016. Nevertheless, an ALJ properly may consider the claimant's daily activities in weighing credibility. Tommasetti, 533 F.3d at 22 23 1039. If a claimant's level of activity is inconsistent with the 24 claimant's asserted limitations, it has a bearing on credibility. 25 Garrison, 759 F.3d at 1016. Here, the ALJ determined that despite 26 alleged disabling difficulties Plaintiff's with gripping, 27 reaching, and prolonged writing, she acknowledged engaging in daily 28 activities, including caring for her four minor children, lifting

a case of water, and exercising at a gym that were inconsistent
 with her alleged disabilities.

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The ALJ also noted significant discrepancies among Plaintiff's 4 5 statements regarding the temporal scope of her alleged disability. (AR 15). While Plaintiff alleged a disability onset date of January 6 7 1, 2011, she acknowledged at the hearing that she likely worked 8 until December 2011. (Compare AR 130-31, with id. 38, 40-42). In March 2011, she reported to her primary care physician being 9 10 engaged in "stressful work." (AR 246). In July 2011, Plaintiff 11 filed a workers' compensation claim for a work-related injury to her hands, wrists, and shoulders while working as a case manager 12 13 for Maximus Cal Works. (AR 416-17); see Bray, 554 F.3d at 1227 14 (upholding ALJ's credibility finding because claimant "recently 15 worked as a personal caregiver for two years, and has sought out 16 other employment since then"). Moreover, earnings records indicate 17 2011 earnings of \$36,619.60, earnings which would be inconsistent 18 with Plaintiff's claim of a disabling injury in 2011. (AR 153). 19 "Even if the work [the claimant has] done was not substantial 20 gainful activity, it may show that [the claimant is] able to do 21 more work that [she] actually did." 20 C.F.R. § 404.1571.

22

Plaintiff contends that the ALJ failed to "consider [her] credible testimony." (Dkt. No. 19 at 9). To the contrary, the ALJ "gave some credence to [Plaintiff's] testimony of pain extending from her elbows to her neck." (AR 18). The ALJ limited Plaintiff to only "frequent handling, grasping, gripping and fingering with the bilateral upper extremities; she is unable to

engage in keyboard use for more than 30 minutes in an hour; and 1 she is limited to occasional overhead reaching with the bilateral 2 3 upper extremities." (AR 14). The RFC is consistent with the clinical findings of Drs. Chaves, Sedgh, and Alberty (AR 70-82, 4 5 621-26, 790-807), which Plaintiff does not contest. See Stubbs-Danielson v. Astrue, 539 F.3d 1169, 1175 (9th Cir. 2008) (finding 6 7 that the medical evidence, i.e., physicians' opinions that the claimant was able to perform a limited range of work, supported 8 9 the ALJ's credibility determination). 10 11 In sum, the ALJ offered clear and convincing reasons, 12 supported by substantial evidence in the record, for his adverse 13 credibility findings. Accordingly, because substantial evidence 14 supports the ALJ's assessment of Plaintiff's credibility, no remand 15 is required. 16 17 VIII. 18 CONCLUSION 19 20 Consistent with the foregoing, IT IS ORDERED that Judgment be entered AFFIRMING the decision of the Commissioner. The Clerk of 21 22 the Court shall serve copies of this Order and the Judgment on 23 counsel for both parties. 24 DATED: March 14, 2018 25 26 /s/ 27 SUZANNE H. SEGAL UNITED STATES MAGISTRATE JUDGE 28 18

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