

Hi

I left Australia Post in 2005 with a repetitive strain injury (Tendonitis of the right shoulder & neck).I have gradually improved since leaving work but 5 years on I still flare the condition up if I sit so I have to avoid travel on trains , buses , planes etc .I also have trouble if I look down or read with my head down and have to constantly manage my condition. I have regular therapy /stretches/ work at keeping fit so I can function at the level I do .

When I was diagnosed I was put on light duties for 6 months but deteriorated to the extent where even walking around or standing looking at someone would give me a headache. It was my decision to stay on & do light duties but I wanted to do the right thing & I was also worried they might deny my claim for compensation. It got so bad that I had to leave work after the 6 months on light duties.

I went through the W/C system over 4 years . Australia Post agreed to pay compensation for the 6 months of light duties saying that the condition was work related & nothing I did at home caused it however once they realized it was going to be a longer term concern they denied responsibility. So for 5 years of disability and ongoing restrictions I have received no compensation.

The Dr I first saw was a facility nominated Dr. ■■■ had only just been nominated & during the time I saw ■■■ decided NOT to be one because of the attitude of the management to the staff and the way they wanted staff back at work while injured.

While I was on light duties I observed a co worker who had been in an accident on his bike where he had a car run up the back of him. He said his physio had told him he should stay home & lie on his stomach for a week yet he was at work sitting sorting mail with no time off because of AP's policy of no lost time incidents.

Bye

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