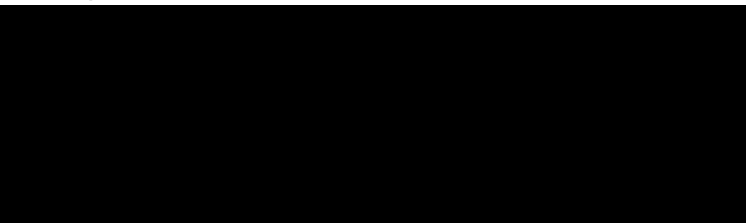


## **SUBMISSION OF WENDY QUINAN (NEE GRIGGS)**

Wendy Quinan



Years of service: 2 ¼

Postal Delivery Officer – Dandenong Delivery Centre

**I do not believe that the FND system provides proper diagnosis and treatment. Australia Post needs to provide suitable duties so that injured workers can rehabilitate successfully.**

1. On 27 October 2008, whilst out on delivery on motorbike, my tyre slipped in the wet, and my knee twisted and cracked when I tried to right the machine and myself.
2. I completed a P400 and a Compensation Claim Form and was sent to the FND. The FND diagnosed knee strain, prescribed anti-inflammatory tablets and gel, gave me restricted seated duties and told me to buy crutches.
3. I went back to work, my hours were brought forward from 6.30am start to 3am and I had to carry mail around while using my crutches.
4. My leg continued to be swollen so I had an ultrasound on 11 November which showed a small amount of fluid on the knee.
5. It was not until 18 November that I had an ultrasound and received a full diagnosis – “ruptured anterior cruciate ligament posterior horn tear of the medial meniscus, damage to the articular cartilage medial femoral condyle.”
6. On 21 November I saw a surgeon. On 17 December I had an arthroscopy. The surgeon told me to have two weeks off work but unfortunately did not give me a certificate. I went back to the FND at Select Medical Centre who sent me back to work. I believe this was very bad for my treatment. My leg was still swollen to was hard to work seated and I couldn't elevate my leg as directed by the surgeon. My back started to hurt and I filled in a P400 but have taken no further action.
7. On March 12 I had a second opinion about whether I could get back on my bike. In mid-2009 I was put on a walk round for about 5 weeks and I had a few weeks on push-bike duties but I found that my other knee started to hurt.

8. On November 25 I am booked in to have a knee reconstruction.
9. I have suffered from depression in the past and this has been compounded by the fact I have had extra stress and pain. The early starts (my times have been moved from 6.30am, to 3 am, then to 5am and back to 4am) and the fact of having no "set job" has also not helped with my ability to cope.
10. I have now found a local treating doctor to assist me with my rehabilitation from the forthcoming knee reconstruction and I intend to follow my surgeon's and GP's advice not that of the FND.
11. I believe that Australia Post needs to find duties that are suitable for rehabilitees. They probably need redeployment because of the physical nature of their nominal position.