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To Whom It May Concern:

On or about November 05/2001, I went to see my doctor, Dr. N, regarding a recurring neck and shoulder problem (left side). My doctor requested X-rays be taken.

On December 03/01, I advised my foreman, (GG) that I had a numb feeling in my left shoulder and arm area. On December 04/01, I again reported said injury. At 6:00 Pm, that same day, my doctor called tell me that besides having an acute condition of osteo-arthritis, I also had repetitive degenerative damage from the neck to the shoulder, and it was more acute on the left side. This was causing the vertebrae to rub anywhere from the first vertebrae to the shoulder, and caused the numbness and pain.

December 05/01, I had the same numbness, but more acute. I did report this to my supervisor and explain what the X-rays had shown the doctor. I explained to him what the cause of this condition, and at that time, I was transported to Concordia Hospital.

At the hospital, I was told that if I was already being treated by a physician, they couldn't help me. I spent over five and ½ hours at the hospital, and was docked pay for this.

On December 19/01, I went to my doctor, who recommended an EMG test (nerve conduction test), and said he would file the paperwork with Workman's Compensation Board. In my doctors report, was a comprehensive view of my shoulder and how I could be helped.

January/02, AA was my first adjudicator. She advised me that W.C.B. would cover the costs of anti-inflammatory drugs, and in some cases, would cover time-off if things got really bad. The idea was to take the pain as far as I could, then take time off, near the end of the week. During AA's time as my case-worker, I had taken three ½ hours off, and I also got paid for time off for Jann09/02 for Emergency.

In May/02, my file was handed over to BB (I believe that's correct), and I had only dealt with him once. In mid May/02, we had been working overtime every day, except Fridays. On this day, I awoke and couldn't move my neck. I literally laid in bed and couldn't move. I called the

W.C.B. phone number and it was either busy, or I got his voice mail telling me he was away from his desk. I did get ahold of him at the end of the day, and explained what happened.

For one thing, I did not know that my file had been handed over to BB, until later, and was un-prepared for the abusive way he spoke to me. He advised that "this wasn't the deal we had", yelling at me. I did try all day to get ahold of him, and in the end I lost eight hours pay.

By August/2002, I started keeping a journal. In the interim, I had a new case worker, CC.

We discussed physiotherapy, and once I started, October09/02, there was almost instant relief after the first few visits.

My only problem with the physio, was, that it was done on my time after work. After working an eight hour day, I was usually exhausted. Then added an extra 2 hours for driving to and from physio, as well as the appointment itself, I was exhausted, and really had to gauge how desperate I was for therapy. I feel overall, it really was beneficial.

In the beginning of November/02, I had changed my work style a bit to take pressure off the left side of my body. By the end of November/02, my right side was beginning to feel as bad as the left, especially my right elbow.

On December/02, I started getting bad headaches, of which I have never had. The left side was especially worse, where the first vertebrae starts behind the ear. The headaches have continued, and Dr. N advised that the trapezius muscle hooks on the neck muscle, and this was causing them.

January/03, the same conditions continued on the right side, however, I was too tired to get to physio.

January 14 & 16/03, I tried acupuncture, and felt no relief from this treatment.

February/03, the right side of my neck, shoulder, and elbow were almost as bad as my left side. On February 10/03, I made a report to my supervisor.

March07/03, I had my left shoulder frozen to kill the pain. I had two previous cortisone shots in my left shoulder, however, I can't find the exact dates. At this time, the headaches had persisted, I was still going for physio, and taking anti-inflammatory drugs.

April/2003, approximately mid-month, I started sleeping during my 30 minute un-paid lunch. I would eat on the fly, during work and then basically pass out for ½ hour. I found this much needed & it did help me get through the day.

Mar/03, still having left and right shoulder's, elbow, and neck problems, but I had fit in a couple of physio appointments this month. Half way through

the month, my lower back was starting to ache. On May 23/03, Dr. N advised me he wanted an M.R.I.

June/03 I still have the same nagging ailments, but only one day of physio.

July/03 I still have headaches, shoulder and neck problems/pain. I was on vacation for eleven business days, during which time I tried massage therapy, along with physio. For four massage therapy sessions, it cost me \$160.00, but I felt it was worth it.

In July/03, my case was handed over to DD, who was going to evaluate my records. DD later informed me that I was to take no more days off, no more drugs paid for, no more physio. My last case worker had tried to fast track my getting an M.R.I. and DD told me never mind the M.R.I.

August/03, I had the same pain and no more physio, lower back pain was getting worse.

In September, the beginning of the month, my left eye felt hazy, then my doctor informed I had a ripe cataract.

October 02/03, Dr. Y verified cataract and I could not see more than five feet out of my left eye. My symptoms for my other ailments worsened.

November/03, I was waiting for a Functional Capacity Review from the CPR. This did happen after numerous written reports to my supervisor, over a month.

December/03, my doctor still has not received the paperwork from CPR. On

December 16/03, I saw an orthopedic surgeon, Dr. S, who advised I would probably require surgery.

January/04, I had holidays from the 15th to the 23rd, while the headaches and shoulder pain continue.

February/04, I went for a Functional Capacity Evaluation on the 9/10th at the Wellness Centre. The results showed my right shoulder was weaker than expected. The railway was going to modify my job for me.

February 17/04, I made a report to my supervisor that my right shoulder had popped out of the socket while doing duties at work. The shoulder worked its way back into place after about an hour.

February 23/04, I had an M.R.I. done.

March/04, I saw Dr. S, who advised I would require surgery, and this could be extensive surgery if the rotator cuff was damaged. If this was a success, he'd consider doing the right shoulder. On March 23/04, Dr. N had to approve the recommendation from the Functional Capacity Evaluation, and Dr. N advised me he wanted a C.T. scan of the c-spine. I was off work from March 3-31/04 for my cataract surgery.