

If you need our services, please contact us at **319-754-6400**, **319-524-7500**, or **866-PLF-IOWA**



Pothitakis Law Firm has been recognized for excellence in the 2025 edition **Best Law Firms** rankings

The 15th edition of Best Law Firms, independently produced by Best Lawyers, holds significant importance in the legal industry. It serves as a benchmark for excellence, providing a comprehensive and reliable guide of the top-performing law firms across 127 practice areas and 188 local jurisdictions. The rankings are meticulously compiled based on a rigorous evaluation process that includes client feedback, peer reviews, industry leader interviews, and detailed analysis of law firm data. **This year we received more than 100,000 client references and observed a 65% increase in client participation in our survey.** This milestone in client engagement underscores the significant value that consumers of legal services attribute to the Best Law Firms awards.

Best Law Firms not only assists clients in making informed decisions when selecting legal representation, but also recognizes the hard work and dedication of the firms that have demonstrated exceptional performance. Furthermore, being featured in Best Law Firms enhances a firm's reputation, attracts top legal talent, and solidifies your position in a competitive market.

Mr. Pothitakis stated, "We are honored to be recognized as one of the 2025 Best Law Firms by Best Law Firm rankings. This award is a testament to our unwavering commitment to helping injured individuals level the playing field against insurance companies. We take pride in advocating for our clients and achieving the best possible outcomes, and we will continue to uphold the highest standards in our pursuit of justice."

WWW.IOWAWC.COM

Pothitakis Law Firm P.C.

320 North Third Street, Suite 100
 Burlington, IA 52601
319-754-6400

1603 Main Street
 Keokuk, IA 52632
319-524-7500

Toll-Free: **1-866-PLF-IOWA**
 Fax: **319-754-7211**
 E-mail: **niko@iowawc.com**
 Website: **www.iowawc.com**

OFFICE HOURS

Monday - Thursday
 8:30 a.m. - 5:00 p.m.

Friday 8:30 a.m. - 3:00 p.m.

Nationally recognized workers' compensation and personal injury attorney

- ▶ U.S. News & World Report Best Law Firms 2021 to 2023
- ▶ President, Iowa Association of Workers' Compensation Lawyers, Inc. 2016
- ▶ Best Lawyers In America—2017 to 2023 Listing
- ▶ Super Lawyers—2017 to 2021
- ▶ National Trial Lawyers—Top 100 Trial Lawyers 2018, 2019, 2020, 2023



We take your family's safety and security personally.



Preventing Fall Sports Injuries

For many high school students fall not only means a return to class but a return to the field. Whether it's for the school team or an intramural league; whether football, cheerleading, soccer, field hockey or any other sport; knowing how to minimize the chance of injury is vitally important. You know what they say about an ounce of prevention, right?

In the weeks before classes start many athletes are already taking to the practice field. Two-a-days are tough for any athlete; for teenagers they can be dangerous. The number one way to stay safe on a hot afternoon is to stay hydrated. Athletes should make sure to drink plenty of fluids (without caffeine!) and watch for warning signs of heat-related problems, such as dark-colored urine, fatigue, dizziness, headaches, nausea, cramps, excessive sweating or a cessation of sweating. If one experiences any of these symptoms, they should immediately take a break to cool down and rehydrate.

A general way to lessen the chances of athletic injury is to have a warm-up and cool-down routine. Coaches should work with athletes to develop such routines. Coaches should also be encouraging athletes to train during the offseason. Showing up in shape will benefit in many ways, including making injuries less likely.

Properly fitting pads and helmets are another key to injury prevention. Make sure to have any protective equipment fitted at purchase. If you suspect an improper fit, ask the coach to take a look. While no helmet or pad can completely protect against injury, a proper fit will minimize the risk of serious injuries like concussions.

What Is a **Deposition** and How Does It Work?

If you were injured in an accident that was not your fault and filed a personal injury claim, you may be required to attend a deposition. Known as the "discovery" process of a lawsuit, this formal question-and-answer session involves you, witnesses, the defendant and other parties involved in your case.

While depositions occur outside the courtroom, all parties are still under oath. Attorneys conduct depositions to collect facts and information that may help bolster their client's case or hurt the defendant's position.

All testifying parties swear under oath to answer questions honestly. Before asking questions, a court reporter explains the rules and process of the deposition and gives the oath. The lawyer then begins asking the deponents questions in direct examination. Next the opposing party's attorney has the opportunity for cross-examination. Lastly, both attorneys will conduct several rounds of re-direct and re-cross. The lawyers will take notes and audio or video recordings during the deposition.

After the deposition, the court reporter will develop written transcripts and send copies to all parties. The lawyers will review these transcripts for any mistakes or inconsistencies as they can be used at trial.





Nicholas Pothitakis

Named as a 2024 Super Lawyer

The Pothitakis Law Firm is proud to announce that in September of 2024 **Nicholas Pothitakis** has been selected as a 2024 Super Lawyer, a prestigious honor recognizing outstanding lawyers who have attained a high degree of peer recognition and professional achievement.

Super Lawyers is a rating service that identifies exceptional attorneys in over 70 practice areas who have distinguished themselves in their field. The selection process is rigorous, involving independent research, peer nominations, and peer evaluations. Only the top 5% of lawyers in each state are named to this list each year, making this recognition a significant accomplishment.

Nicholas Pothitakis was selected for his exceptional work in Workers' Compensation, where he has demonstrated a deep commitment to advocating for injured clients. His dedication to providing clients with compassionate, effective legal representation and his relentless pursuit of justice have earned him the respect of both his peers and clients.

"It is an honor to be recognized as a 2024 Super Lawyer," said Nicholas. "This recognition reflects not only my personal dedication to my clients and their cases but also the outstanding support and collaboration from my team at Pothitakis Law Firm, PC. Together, we strive to provide the highest level of legal service and advocacy for those we represent."

The Pothitakis Law Firm, PC has offices in Burlington and Keokuk, Iowa and remotely represents clients across the Midwest.



WWW.IOWAWC.COM

5 Star Reviews – See what our clients are saying

★★★★★ *Taking the case as far as possible but knowing when to settle. Ann was great to work with, very good at her job. Kayla was also great to work with, did a very good job.*

★★★★★ *Niko was always to the point and honest about (my case). Very courteous staff. Always able to speak with me and prompt on returning my calls. Thank you.*

★★★★★ *He kept me updated on everything. He did an awesome job for me! Couldn't have gotten near what I did without his help! His staff is so nice and helpful too. Great Place.*



POTHITAKIS LAW FIRM P.C.

Attorney At Law
320 N. Third Street, Suite 100
Burlington, IA 52601

Thanks to all of you who have recommended our firm to your relatives, friends, and neighbors. We appreciate your vote of confidence and pledge to care for these "VIPs" as well as we care for you.

The results from the cases of the Pothitakis Law Firm P.C. are diverse, and the results vary considerably. The case results are not a guarantee of future results, as they are specific to facts and legal circumstances of each client's case, and for this reason should not form the basis for future expectations on a different case. These cases may not be typical, and there are many factors that determine the result of a case. The determination of the need for legal services and the choice of a lawyer are extremely important decisions and should not be based solely upon advertisements or self-proclaimed expertise. All potential claimants are urged to make their own independent investigation or evaluation of any lawyer being considered.

WWW.IOWAWC.COM

© Copyright 2024. Premier Print Marketing. Printed in the U.S.A. www.PremierPrintMarketing.com | To unsubscribe: Call 319-754-6400 or email Kayla@iowawc.com
The information included in this newsletter is not intended as a substitute for professional legal advice. For your specific situation, please call the appropriate legal professional.

Social Media Evidence

Personal injury claims remain among the most common cases in civil litigation. Situations that require legal representation from a personal injury attorney happen every day. These can include car crashes, slips and falls, dog bites, workplace accidents and medical malpractice. Both pursuing and opposing legal teams are using social media as evidence to support, reduce or discredit personal injury claims.

Social media evidence refers to data documented from online platforms. They can be photos, posts, videos or other digital footprints a user leaves behind on social media networks.

People continue to communicate and share their experiences on their social media accounts. This information available online enables insurance companies to embrace social media research when investigating claims. Lawyers and judges also routinely examine them during a personal injury case hearing.

Any indication on social media contradicting your testimony could hurt your ability to obtain compensation. If you claim to be in severe pain, but your social media post portrays otherwise, an insurer or the defendant's attorney may use that information to argue your injuries do not impact your ability to undertake everyday living activities.

