

THE WARREN REPORT

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July 2023

THE MOST COMMON INJURIES IN PERSONAL INJURY LAW

Every month this year in the newsletter, we will highlight an injury that we see most often with our clients.

Knee Injuries

Knee injuries are painful and can affect the bones, tendons, cartilage, and ligaments. Unfortunately, these injuries are often severe and require surgery with follow-up physical therapy and missing extended periods from work. You may have sustained your knee injury after a car crash or a slip and fall incident. Regardless of the cause, you deserve compensation if it was due to another party's negligence.

Each type of knee injury can be severe and cause short or long-term disabilities. For minor injuries, you might feel slight pain or have minor swelling for several weeks. However, the swelling and pain could be far worse for a substantial injury, and symptoms could last from months to years. Signs for the most severe knee injuries may also include buckling, giving out, and wobbling. Some of the common knee injuries include:

- Knee dislocation
- ACL injuries
- Patellar fracture
- Torn patellar tendon
- PCL injuries
- Torn meniscus
- Collateral ligament injuries

A knee injury can change your life in many ways. These injuries can be excruciating, making it almost impossible to live life normally until you have property recovered. If the negligence of an individual's actions causes your knee injury, you should have a skilled attorney on your side to protect your legal rights and hold the responsible party accountable.



VTLA Trip to Roanoke

As acting Virginia Trial Lawyers Association President, Vaden recently traveled to The Hotel Roanoke for the Judicial Conference of Virginia. Conference organizers invited all presidents of bar organizations across the state, as well as all Circuit and Appellate Court Judges. Vaden enjoyed hearing from The Honorable S. Bernard Goodwyn -- Chief Justice of The Supreme Court of Virginia. While in Roanoke, he also stayed at The Liberty Trust Hotel -- a neat historic bank that was converted into a hotel. The original safe is near the restaurant and bar! He also stopped by Crystal Spring Grocery for a VTLA networking lunch, another cool spot which is actually owned by a fellow VTLA member!



WATERMELON AND BLACKBERRY SKEWERS

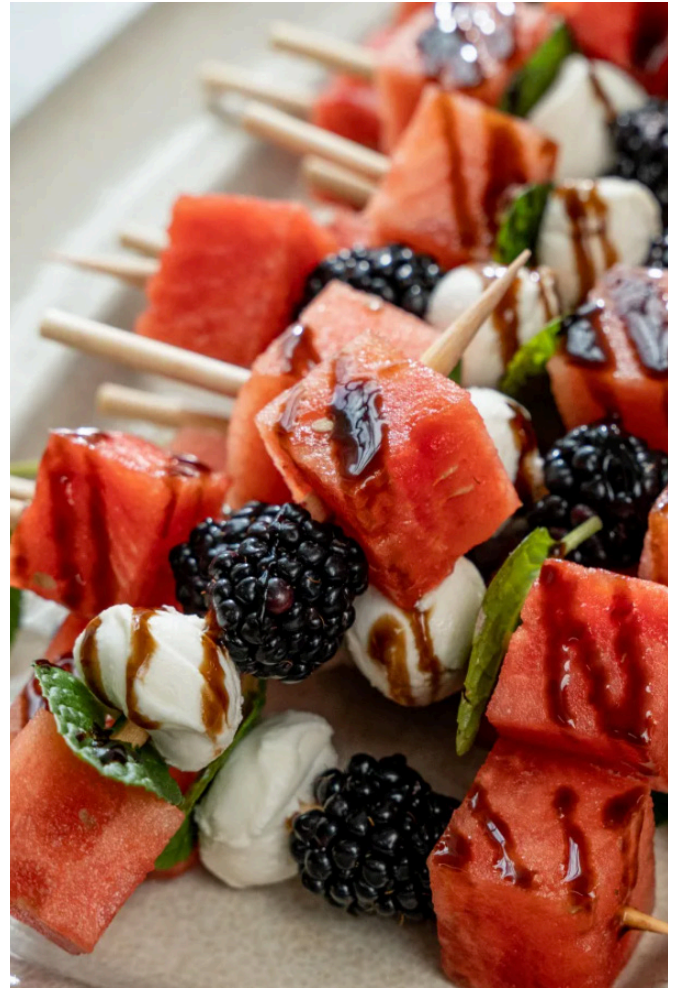
Our marketing coordinator recently traveled to Waco, Texas, for a family reunion and came back with some serious summer recipes by Joanna Gaines. (Chip and Joanna Gaines star in the HGTV show *Fixer Upper* and have given Waco its claim to TV fame!)

Ingredients

- 1 seedless watermelon
- 24 4-inch bamboo party picks or long toothpicks
- 24 1-inch cubes watermelon
- 24 fresh mint leaves
- 24 bite-size mozzarella balls (or 1-inch cubes feta or ricotta salata cheese)
- 24 blackberries
- 1/4 cup honey or balsamic glaze
- 1/2 teaspoon coarse pink salt or smoked sea salt

Instructions

1. Trim the top and bottom off the watermelon. Cut off the rind and discard. Cut the watermelon into planks, then into strips, then into 24 1-inch cubes.
2. On each skewer, add 1 watermelon cube, 1 mint leaf, 1 mozzarella ball, and 1 blackberry. Store the skewers in the refrigerator until ready to serve.
3. Drizzle the skewers with honey or balsamic glaze and sprinkle with the salt. Salting watermelon enhances the fruit's natural sweetness!



POMP AND CIRCUMSTANCE

We are so proud of our son who graduated from Western Albemarle High School last month.

He will be joining his sister this fall at UVA.

Wahoowa!



11 Ways to Harm Your Case: Part Five

There can be many pitfalls in a personal injury case. Insurance companies will try many methods to deny your claim altogether or make the recovery as small as possible. Each month we will highlight something you should NOT do when it comes to working with insurance companies!

11 WAYS TO HARM YOUR PERSONAL INJURY CASE

5. Not seek medical treatment for injuries



If you are injured, you need to be seen by a medical provider as soon as possible. Do not try to “tough it out” if you are experiencing real pain.

WHAT NOT TO DO, SO FAR ...

1. Admit to any fault at the scene of the collision.
2. Downplay your injuries.
3. Give a statement to any insurance company.
4. Not take pictures of any cars involved.
5. Not seek medical treatment for injuries.

Deadline Approaching for the Hard Work Pays Off Scholarship

The Warren Firm is pleased to once again offer a \$2,500 scholarship to a graduating high school senior in Southside Virginia, from the following counties: Appomattox, Charlotte, Lunenburg, Nottoway, Amelia, Cumberland, Buckingham, and Prince Edward. The firm's founder and lead attorney, Vaden Warren, grew up in Crewe, Virginia. While his office is in downtown Charlottesville, he actively works with clients from Southside Virginia.

This scholarship focuses on work ethic, with no regard to GPA or academic merits. The Warren Firm values hard work and we want to recognize students who understand the importance of diligence, personal responsibility, and delayed gratification. School counselors are also able to nominate students they believe would benefit from this scholarship!

The deadline to apply is July 31, 2023. For more details visit our website warren-law.com/our-community or scan the QR code below!



\$2,500 Hard Work Pays Off Scholarship

APPLY ON OUR WEBSITE

About the Scholarship

Seniors from the following Virginia counties may apply: Appomattox, Charlotte, Lunenburg, Nottoway, Amelia, Cumberland, Buckingham, and Prince Edward

*There is no GPA minimum to apply for this scholarship



“Really happy with the care everyone in this office gave to our case. We were always kept up-to-date with what was going on and what would/should happen next. Definitely recommend Mr. Warren!” — J. Gilbreth

We focus our practice on cases involving:

Personal Injury
Wrongful Death
Children's Injuries
Bicycle Accidents
Auto Accidents



Vaden
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