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2026 Super Lawyer List



For the 15th year in a row Nicholas (Niko) Pothitakis of the Pothitakis Law Firm, P.C. has been selected to the Iowa Super Lawyers list. Mr. Pothitakis was named to the list for 2026 in the field of Iowa Workers' Compensation Attorneys.

No more than 5% of the lawyers in Iowa are selected by Super Lawyers. Super Lawyers, a Thomson Reuters business, is a rating service of outstanding lawyers from more than 70 practice areas who have attained a high degree of peer recognition and professional achievement. The annual selections are made using a patented multi-phase process that includes a statewide survey of lawyers, an independent research evaluation of candidates, and peer reviews by practice areas. The result is a credible, comprehensive, and diverse listing of exceptional attorneys. The Super Lawyers lists are published nationwide in Super Lawyers magazines and in leading city and regional magazines and newspapers across the country.

Mr. Pothitakis and his firm have been working hard over the last twenty five years to help people with their work related injuries and Iowa worker's compensation claims. His firm has offices in Burlington and Keokuk, but handles cases in all corners of the State.

Mr. Pothitakis was happy about his selection to this exclusive list. Niko stated, "Our law office fights every day for the rights of injured workers. It is an honor to be picked as one of the top lawyers in the State of Iowa for Workers' Compensation cases."



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

Nationally recognized workers' compensation and personal injury attorney

- U.S. News & World Report
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- President, Iowa Association
of Workers' Compensation
Lawyers, Inc. 2016
- Best Lawyers In America—
2017 to 2026 Listing
- Super Lawyers—2017 to
2025
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Top 100 Trial Lawyers
2018 to 2025



**We take your
family's safety and
security personally.**

Time Limits for Workplace Injury Claims in Iowa

Regarding workers' compensation claims in Iowa, timing is crucial. However, there are nuances to this rule. For example, if an employer has provided medical care or compensation, this period may be extended to three years. It's also important to note that there are exceptions to these limits, such as for certain occupational diseases or if the injury was not immediately apparent. Understanding these time frames is essential to safeguarding your rights and ensuring you do not miss the opportunity for compensation due to a technicality.

Critical Factors Affecting Claim Eligibility

The nature of the injury sustained can significantly influence the statute of limitations for a workers' compensation claim in Iowa. Acute injuries, such as those resulting from a fall or an accident, have a clear date of occurrence, which makes determining the time limit for filing relatively straightforward. On the other hand, cumulative injuries or illnesses that develop over time, like repetitive stress injuries or hearing loss, can complicate matters.

The clock on the statute of limitations may not start ticking for these types of injuries until the injury has been identified and linked to the workplace. This distinction underscores the importance of seeking medical advice promptly when symptoms arise and maintaining thorough records of your condition.

Iowa Workers' Compensation Claim Process

If you've suffered a workplace injury in Iowa, taking immediate action is vital for a successful workers' compensation claim. The first step is to seek medical attention, prioritizing your health and documenting injuries. Following treatment, you must notify your employer about the injury in writing, detailing the incident and its impact on your ability to work.

This notification should be done as soon as possible but no later than 90 days after the injury. Keeping a copy of this notification for your records is also advisable. Additionally, it's beneficial to start a journal documenting your injury, symptoms, and any communication with your employer or medical providers, as this can be invaluable evidence for your claim.

Don't let the statute of limitations run out on your claim. Contact Pothitakis Law Firm today to ensure your rights are protected and take the first step towards successfully resolving your case.

Fall Motorcycle Riding Guide

As the long warm summer days wind down many motorcyclists are preparing their bikes for winter storage. For riders who refuse to put their passion on the shelf, autumn is a wonderful time to enjoy the beauty of the changing seasons.

Unfortunately, Fall also increases the chance of motorcycle accidents. Slippery road conditions, reduced daylight, unpredictable weather and early morning frost all pose risks to riders.

Keep these tips in mind to stay safe and make the most of your two-wheeled adventures this fall.

Prep Your Motorcycle: Before mounting your bike conduct a quick pre-ride inspection. Check oil level, tires, lights and brakes. You should also consider fitting your motorcycle with heated grips and handguards to stay warm on cooler days.

Dress for the Season: Wear layers to stay warm including moisture-wicking base layers and a water-resistant jacket. Waterproof, insulated riding boots, warm gloves and a full-faced DOT-certified helmet all keep you safe and comfortable.

Stay Alert: Wildlife, fallen leaves and frost all create risks. Be on the lookout for debris, deer, or slick road patches. If the forecast calls for severe weather, stay home.

Plan Your Route: If you're embarking on a scenic autumn ride, plan your route well in advance. Allow for plenty of time to admire the colorful leaves, share where you're going with others, and wear reflective gear. Wear yellow-tinted riding glasses to improve your vision and visibility if you ride at night.

Fall is one of the best times of year for riding. It also comes with its fair share of risks. If you were injured in a motorcycle accident, you may be entitled to compensation for your pain and suffering. Contact our seasoned attorneys for expert guidance and support.



When to Hire an Attorney for a Workplace Injury

By Pothitakis Law Firm

Workplace injuries can be stressful, both physically and emotionally. Beyond recovering from the injury itself, navigating the workers' compensation system can be confusing and overwhelming. Knowing when to hire an attorney is essential to ensure your rights are protected and you receive the benefits you deserve.

1. When Your Injury Is Severe

If your workplace injury is serious or has long-term effects, hiring an attorney can be crucial. Severe injuries often involve complicated medical treatments, extended time off work, and higher claims for compensation. An experienced attorney can help document the full scope of your injuries, ensuring your claim accurately reflects your medical needs and financial losses.

2. When Your Claim Is Denied or Delayed

Insurance companies sometimes deny or delay workers' compensation claims. This can happen for various reasons, including disputes over the extent of your injury or the circumstances of the accident. If your claim is denied, delayed, or underpaid, a workplace injury attorney can review your case, identify errors or omissions, and advocate for a fair resolution on your behalf.

3. When You Face Complex Legal Issues

Some workplace injuries involve complex legal factors. This could include accidents caused by a third party, disputes over liability, or injuries that occurred outside of standard work hours. In these situations, an attorney can clarify your legal options, handle negotiations, and represent your interests in court if necessary. Their expertise ensures that you don't unknowingly compromise your rights.

4. When You Need Guidance Through the Claims Process

Even in straightforward cases, the workers' compensation process can be confusing. Filing paperwork incorrectly or missing deadlines can delay your benefits. An attorney can guide you through every step of the claims process, ensuring forms are completed accurately, deadlines are met, and communications with the insurance company are handled professionally.

5. When Dealing with Insurance Adjusters

Insurance adjusters often seek to minimize payout amounts. Without legal representation, you might unknowingly agree to a settlement that doesn't fully cover your medical bills, lost wages, or future care needs. A skilled attorney can communicate with the insurance company on your behalf, protecting your interests and helping secure a fair compensation package.

6. When Your Recovery Affects Your Ability to Work

If your workplace injury affects your ability to perform your job or requires a long-term disability claim, legal guidance can be essential. An attorney can help calculate lost wages, future earning potential, and additional expenses related to your injury. This ensures your claim accurately reflects your financial and medical needs.

Protect Your Rights After a Workplace Injury

Workplace injuries are challenging, but you don't have to face the legal process alone. Hiring an experienced attorney at the right time can make a significant difference in your recovery and compensation. If you've been injured at work, contact Pothitakis Law Firm at **(319) 315-5989** today for trusted legal guidance and advocacy.



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Workers' Compensation

How Should I Tell My Employer I was Injured on the Job?

Getting injured on the job can be a stressful and scary situation. You might be wondering how you're going to support your family or pay for your medical expenses. Luckily, workers' compensation covers your medical bills and will provide you with weekly benefits.

However, it's essential to act fast and report the injury to your employer right away.

How to Tell an Employer About Your Injury

After your injury, seek immediate medical help. After your condition stabilizes, report your injury to your employer as soon as possible. An injured worker may be hesitant about reporting their injuries due to a fear of retaliation. However, this delay will seriously impact your claim.

It is your responsibility to report a workplace injury to your employer immediately. Your claim could be denied if you fail to do so in a timely manner.

When reporting an injury or accident to your employer, you should:

- ▶ Report it as soon as possible in person or over the phone
- ▶ Tell your boss or supervisor exactly what happened, including the order of events and the names of anyone who witnessed the injury happen
- ▶ If your manager isn't available, report the injury to the next highest person, such as your boss's supervisor

What Happens if My Employer Doesn't Cooperate?

All employers have specific obligations when it comes to workers' compensation claims. However, some companies may not be familiar with, or interested in, workers' comp laws. If you're having issues with your employer after being injured on the job, it may be wise to discuss your case with an attorney.

If you need legal assistance with your workers' compensation claim, **Pothitakis Law Firm** is here to help. Call us today at **(319) 315-5989** to schedule a consultation.



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.

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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.

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**Over \$165
Million
Recovered**

For Our Clients
and We're Just
Getting Started

\$1 Million

Workers Slip and Fall

\$1 Million

Permanent Total Disability Award

\$600,000

Amazing Result in Iowa
Workers Compensation Case

\$400,000

Amazing Results for Worker
with Lower Back Injury

\$100,000

Verdict Injured Worker

\$100,000

Settled for Injured Worker