



**KELLY E.
KAMSTRA**
ASSOCIATE



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Practice Areas

- Workers' Compensation Defense

Kelly Kamstra specializes in workers' compensation matters in Illinois, working out of KPD's Chicago office. Kelly has spent her legal career representing employers, insurers, and third-party administrators in all aspects of workers' compensation claims. She has successfully tried more than 30 cases before the Illinois Workers' Compensation Commission and Circuit Court.

Kelly prides herself on creating a collaborative environment to counsel self-insureds, insurance carriers, and employers to achieve a successful outcome in each case. She presents to clients and organizations throughout the state on emerging topics in claim handling including psychological injuries, injuries involving work from home employees, and the aging workforce.

Kelly grew up in a suburb of Tacoma, WA and attended Gonzaga University where she earned a B.A. in Applied Communications. She then attended DePaul University College of Law where she earned a certificate in criminal law, and was active with Phi Alpha Delta, Legal Fraternity. Prior to joining Kopka Pinkus Dolin, she worked at a prominent Chicago defense firm.

In her spare time, Kelly enjoys watching her Gonzaga Bulldogs, seeing live music, and spending time with friends and family.

Awards and Accolades

- "Emerging Lawyer" by *Leading Lawyers Magazine* (2022)
- "Rising Star" by *Super Lawyers Magazine* (2022)

Memberships

- Claims Association of Greater Chicago
- Workers' Compensation Lawyers Association

Presentations and Publications

- "Psychological Injury Claims: Unpacking Strategies for Success" (March 2021)
- "Claims from Employees Working from Home" (October 2020)
- "The Aging Workforce," Illinois Chamber of Commerce (July 2020)
- "Payment of Permanent Partial Disability Benefits: Weekly Accrual or Lump Sum?"

Trial and Case Highlights

- *Karen Suknovich v. Child Link, Inc.*
- *Gabriel Smith v. Barry's Bootcamp*
- *Natalie Penny v. Paccar Financial, 12 WC 26452*

Admissions

- Illinois

Education

- DePaul University College of Law, J.D.
- Gonzaga University, B.A., *cum laude*