



Lisa M. Frisina

Officer

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Lisa M. Frisina is an Officer in PennStuart's Richmond, Virginia office. She is member of the firm's Workers' Compensation practice group, with extensive experience before the Virginia Workers' Compensation Commission.

Lisa's practice is devoted to the defense of workers' compensation claims throughout the Commonwealth, including evidentiary hearings, appeals to the Full Commission, appeals to the Court of Appeals and Supreme Court of Virginia, as well as mediations. She regularly advises insurers, third-party administrators and employers on complex issues of liability and exposure, and spends time educating her clients in all areas of workers' compensation. She frequently presents at statewide seminars on a variety of emerging workers' compensation topics, including the Commission's Annual Virginia Workers' Compensation Conference, the Annual and Spring meetings for the Virginia Association of Defense Attorneys, the Fall meeting for the Workers' Compensation Section of the Virginia Trial Lawyers Association, and the Virginia Workers' Compensation American Inn of Court Annual Conference. She is an Adjunct Professor of Workers' Compensation Law at the University of Richmond Law School, and has also instructed classes for the Virginia Insurance Continuing Education Program. Lisa currently serves as President of the Virginia Workers' Compensation American Inn of Court.

Lisa has been selected as a recipient of a number of awards throughout her thirty-year career, including the Influential Women in Virginia Award and the Influential Women in the Law Award. She was recently selected by the Virginia Trial Lawyers' Association to receive its 2023 Professionalism and Civility Award.

A native of Olean, New York, Lisa graduated from St. Bonaventure University with a B.B.A. in Marketing (cum laude). She remained in Richmond upon graduation from the University of Richmond Law School. She enjoys traveling, and spending time with her family and friends.

Practices

Litigation

Workers Compensation

Industry Experience

- Insurance

Education

- University of Richmond School of Law 1992
- St. Bonaventure University, B.B.A., *cum laude*, 1986

Admissions

- Virginia
- U.S. District Court for the Eastern District of Virginia
- U.S. District Court for the Western District of Virginia
- U.S. Court of Appeals for the Fourth Circuit

Publications

The Medicare Secondary Payer Act: How Does It Affect Your Workers' Compensation Settlement? 16 The Journal of Civil Litigation 269 (Summer 2004).

News

[Five PennStuart Attorneys Named to Best Lawyers in America \(2021\)](#)

Honors & Distinctions

- College of Workers' Compensation Lawyers
 - Fellow
- Influential Women of the Law
- Virginia Super Lawyers
- Best Lawyers in America
- Influential Women of Virginia
- Global Directory of Who's Who
- Covington's Who's Who
- DRI Exceptional Performance Citation
- Virginia Association of Defense Attorneys
 - Robert M. Furniss, Jr. Award

Professional Activities

- Virginia Workers' Compensation American Inn of Court
 - Executive Committee
- Virginia Association of Defense Attorneys
 - Past President
 - Board of Directors
 - Director Emeritus
 - Past Chair, Workers' Compensation Section
- Virginia State Bar
- Virginia Bar Association