



LMS Personal Injury Lawyers Introduces Ottawa Accident Victims to Dedicated Legal Team Led by David Capra and Russ Molot

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LMS Personal Injury Lawyers is introducing its Ottawa legal team to accident victims across the region, highlighting the combined experience of principals David Capra and Russ Molot as the foundation of the firm's personal injury practice. The firm has provided personal injury representation across Ottawa and Eastern Ontario for over two decades, with Capra and Molot directing a team that handles the full range of injury claim categories from initial consultation through settlement or litigation.

The identity of the lawyers directing a personal injury file is a factor that many accident victims do not investigate when selecting a firm, often focusing instead on marketing claims about win rates or settlement amounts that cannot be independently verified. The composition of the legal team handling a file – specifically, the lawyers' experience and their track record with the categories of claim at issue – is a more reliable predictor of outcomes than generalized advertising claims. Capra and Molot's combined experience across personal injury law gives clients direct access to senior legal judgment from the outset of their matter.

David Capra has practiced personal injury law in Ottawa for over two decades, developing experience in

motor vehicle accidents, slip-and-fall claims, long-term disability disputes, and wrongful death matters. Russ Molot brings complementary experience across the firm's practice categories, with particular depth in cases involving serious and catastrophic injuries where the medical evidence, expert witness coordination, and damage quantification demands of the file require sustained senior involvement. Together, they lead a multilingual team that provides legal services in English, French, and Arabic.

"People seeking legal representation after an accident often want to understand which lawyers will be responsible for handling their case from the initial consultation through its resolution," said David Capra, Principal of LMS Personal Injury Lawyers. "Russ and I are directly involved in every matter this firm handles. Our approach is for both principals to remain directly involved in client matters throughout the claims process, and it reflects our belief that the people who call us should have access to experienced legal counsel from day one, not just at the end of the process."

LMS Personal Injury Lawyers operates on a contingency fee basis, meaning clients retain the firm without any upfront legal cost and pay only upon a successful outcome. That fee structure is a practical necessity for many accident victims, who face financial pressure from lost income and mounting medical costs at the same time they need legal representation. The firm also assists families pursuing wrongful death claims arising from fatal accidents in Ottawa, helping them navigate insurance matters, estate-related issues, and civil litigation.

The firm's practice also covers accident lawyers Ottawa representation across the full spectrum of collision and injury circumstances, including motor vehicle accidents, pedestrian and cyclist injuries, slip and fall incidents, and injuries sustained on commercial and residential properties. Ottawa's geographic position as a national capital and a major transit corridor means the firm regularly handles claims involving federal government properties, interprovincial incidents, and matters where multiple insurance regimes apply simultaneously. That jurisdictional breadth requires the kind of nuanced regulatory knowledge that develops over years of active practice rather than through general legal training.

Capra and Molot have represented clients injured in motor vehicle collisions throughout Ottawa, handling claims involving cars, trucks, motorcycles, pedestrians, and other roadway incidents. Their experience includes navigating Ontario's no-fault insurance framework, statutory accident benefits, tort claims, settlement negotiations, and litigation involving a wide range of injury severities. Ontario's motor vehicle insurance system is among the most complex in Canada, making experienced legal guidance an important consideration for individuals pursuing compensation after a collision.

About LMS Personal Injury Lawyers: LMS Personal Injury Lawyers is an Ottawa-based personal injury firm led by David Capra and Russ Molot, with over two decades of practice across personal injury categories, including motor vehicle accidents, wrongful death, slip and fall, long-term disability, and catastrophic injury

claims. The firm operates on a contingency-fee basis and provides trilingual legal services in English, French, and Arabic throughout Ottawa and Eastern Ontario

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For more information about LMS Personal Injury Lawyers, contact the company here: LMS Personal Injury Lawyers David Capra 613-230-5787 dcapra@lmslawyers.com 190 R. O'Connor St Suite A 9th. floor, Ottawa, ON K2P 2R3, Canada

LMS Personal Injury Lawyers

LMS Personal Injury Lawyers is dedicated to helping accident victims across Ontario recover the compensation they deserve. Our team provides trusted legal guidance, personalized support & strong representation for injury, disability & insurance claims.

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