GOLDBERGSEGALLA



rallen@goldbergsegalla.com
914.798.5416
Manhattan

PRACTICES

Workers' Compensation

Construction Litigation and Counsel

INDUSTRIES

Construction

Professional Employer Organizations (PEOs)

Sports and Entertainment

Ryan K. Allen

PARTNER

EXPERIENCE

Ryan K. Allen represents large employers, insurance carriers, and third-party administrators in workers' compensation matters before the New York State Workers' Compensation Board. Known for his proactive, hands-on approach, Ryan guides clients through every stage of the claims process—from initial evaluation to hearings, depositions, and appeals—with clarity and confidence.

Ryan has built a strong reputation for delivering results in the courtroom. He has secured multiple trial victories and appellate wins, earning the trust of clients who rely on his litigation experience to protect their interests and minimize risk.

With a focus on the construction industry, professional employer organizations (PEOs), and his multi-decade experience in workers' compensation insurance defense across a wide range of industries, Ryan tailors his strategies to meet the unique challenges of each client's business. He is also skilled in negotiating favorable settlements that align with long-term operational goals.

Before entering private practice, Ryan served as a graduate judicial fellow with the Hon. Martin Shulman, the former Supervising Judge of the New York County Civil Court and current Associate Justice, Supreme Court of the State of New York, Appellate Division, First Judicial Department—an experience that sharpened his litigation instincts and deepened his understanding of the court system.

EXPERIENCE HIGHLIGHTS

Workers' Compensation

Ryan has an extensive background in New York appellate practice and Article 78 proceedings. He has successfully briefed and argued cases involving various disability claims before the New York Supreme Court, Appellate Division, Second and Third Departments. Based on this experience, Ryan has a firm grasp of the technical difficulties and nuances of workers' compensation appellate practice in New York.

In addition to claims-handling and litigation, Ryan advises human resources and risk management departments and professionals with major companies on workers' compensation, disability, and other benefits issues, with an eye toward loss prevention and mitigation. Ryan's experience extends to matters involving Social Security Disability, the New York State and Local Retirement System, General Municipal Law Sections 207-a and 207-c, and benefits under the September 11th Victim Compensation Fund (Zadroga Act).

HONORS & AWARDS

- *Best Lawyers in America*
  - Litigation – Construction, 2027
- New York Metro *Super Lawyers Rising Stars*, 2015-22
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BACKGROUND

GOLDBERGSEGALLA

Ryan K. Allen

PARTNER

ADMISSIONS

- New York
- U.S. District Court for the Southern District of New York

EDUCATION

- New York Law School, J.D., 2008
  - Media, Entertainment, and Sports Law Association: President
- Indiana University Bloomington, B.A., 2004

TRAINING AND CERTIFICATIONS

- Department of Labor OSHA-30 Training

PUBLICATIONS & EVENTS

PRESENTATIONS

- "From Reform to Reality: New York's Workers' Comp Experience and the Case for Smarter Litigation," (Co-Presenter), American Society of Workers' Compensation Professionals (AMCOMP) Annual Meeting, April 29, 2026
- "Uses of Surveillance: Social Media and Investigator Video," (Co-Presenter), American Society of Workers' Compensation Professionals (AMCOMP) Fall Meeting, November 18, 2025

WEBINARS

- "Construction Site Accidents: The Benefits of Collaborating Workers' Compensation and General Liability Defense," GS Webinar Series, July 16, 2024
- "The Impact of Immigration in Workers' Compensation Claims," (Co-Presenter), GS Webinar Series, November 20, 2019