



Larson Law Newsletter
June 2026



*"IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU."*

- Fred Devito

sleep, and overall quality of life. In some cases, PTSD symptoms may not appear until weeks or months after the accident.

Seeking medical attention and emotional support early can make a meaningful difference in the recovery process. Treatment options may include counseling, therapy, support groups, medication, and other forms of care tailored to the individual's needs.

You Are Not Alone

Experiencing emotional distress after a traumatic event is common, and help is available. If you or a loved one are struggling after an accident, speaking with a healthcare provider or mental health professional may be an important step toward healing.

We're Here to Help

At our firm, we understand that accidents can affect every aspect of a person's life — physically, emotionally, and financially. We are committed to supporting our clients throughout the recovery process and helping connect them with the resources they may need along the way.



www.larsonlawutah.com

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Understanding Uninsured Motorist Coverage: Protection When the At-Fault Driver Has No Insurance

Being involved in a car accident is stressful enough. Discovering that the driver who caused the crash does not have auto insurance can make the situation even more overwhelming. Fortunately, many drivers carry Uninsured Motorist (UM) coverage on their own auto insurance policy, which can provide important protection after an accident.

What Is Uninsured Motorist Coverage?

Uninsured Motorist coverage is designed to protect you if you are injured by a driver who does not carry liability insurance. Instead of pursuing compensation from an uninsured driver who may not have the financial ability to pay for your damages, your own insurance policy can step in to help cover your injuries and losses.

Important Differences from a Standard Injury Claim

Many people are surprised to learn that uninsured motorist claims work differently than traditional bodily injury (BI) claims.

No \$3,000 Threshold Requirement

In Utah, certain injury claims require a person to meet a medical expense threshold before pursuing a bodily injury claim against the at-fault driver. However, when an uninsured driver causes the accident and you are making a claim under your uninsured motorist coverage, you do not need to meet the \$3,000 medical expense threshold to pursue compensation for your injuries.

You Do Not Have to Sue Your Own Insurance Company

Another common misconception is that filing an uninsured motorist claim means

suing your own insurance company. In most cases, that is not true. Filing a UM claim is simply requesting benefits that you have already paid for through your insurance premiums. Your insurance company has a contractual obligation to evaluate and fairly process your claim.

What Damages Can Be Covered?

Depending on your policy and the circumstances of the accident, uninsured motorist coverage may help compensate you for:

- Medical expenses
- Lost wages
- Pain and suffering
- Future medical treatment
- Permanent injuries or impairment

Why This Coverage Matters

Unfortunately, uninsured drivers are more common than many people realize. Having uninsured motorist coverage can provide valuable financial protection and peace of mind if you are seriously injured in an accident caused by someone without insurance.

If you have questions about your rights after an accident involving an uninsured driver, our office is here to help guide you through the process and ensure your claim is handled properly.

Call us today if you would like assistance reviewing your claim or understanding your insurance coverage.



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Walking vs. Running: Which Is Better for Your Health?



Walking and running are both excellent ways to stay active, improve heart health, and support long-term wellness. For injury recovery and overall physical health, the best exercise is often the one a person can safely and consistently maintain.

Research shows that both walking and running can:

- Improve cardiovascular health
- Lower blood pressure and cholesterol
- Reduce the risk of diabetes and stroke
- Support mental health and stress reduction
- Help maintain a healthy weight

Benefits of Walking

Walking remains one of the safest and most accessible forms of exercise, especially for patients recovering from injuries or dealing with joint pain.

Walking may:

- Place less stress on joints and muscles

- Lower the risk of overuse injuries
- Be easier for beginners or those with chronic conditions
- Support mobility and circulation during recovery
- Help digestion and reduce stiffness after meals

For many patients, consistent walking routines can play an important role in rehabilitation and long-term musculoskeletal health.

Benefits of Running

Running offers higher-intensity cardiovascular exercise and may provide additional benefits for those who can safely tolerate impact activity.

Running may:

- Burn more calories in less time
- Improve bone density and bone strength
- Increase endurance and cardiovascular fitness
- Support faster weight-loss goals

However, running also places greater stress on joints, tendons, and muscles, which can increase the risk of injuries such as shin splints, tendonitis, and knee pain.

Choosing the Right Exercise

The right choice depends on an individual's health, goals, and physical condition.

Walking may be ideal for people who:

- Are recovering from injuries
- Have arthritis or joint pain
- Are beginning an exercise program
- Prefer lower-impact activity

Running may be appropriate for people who:

- Want higher-intensity exercise

- Have no major joint limitations
- Are focused on endurance or weight-loss goals

The Bottom Line

Consistency matters more than intensity. Whether walking or running, regular movement supports spinal health, mobility, circulation, and overall wellness. Patients should choose activities that fit their body, lifestyle, and stage of recovery while listening to pain signals and progressing gradually.

<https://www.goodrx.com/well-being/movement-exercise/walking-vs-running>

Neurological Spotlight: The Lasting Effects of Traumatic Brain Injuries



Traumatic brain injuries (TBIs) are often associated with major accidents, but even a seemingly minor fall or collision can lead to lasting neurological symptoms that affect daily life for years.

A recent personal story shared by GoodRx Health highlighted how one woman's bicycle accident resulted in a concussion and brain bleed that continued to impact her memory, concentration, fatigue levels, and sense of smell more than

two decades later. What initially seemed like “just a concussion” became a long-term medical condition that changed the way her brain functioned.

Many people are surprised to learn that symptoms from head injuries may not fully appear right away. Common symptoms after a traumatic brain injury can include:

- Headaches
- Dizziness
- Memory problems
- Difficulty concentrating
- Fatigue
- Sensitivity to light or noise
- Mood changes
- Sleep disturbances

In some cases, symptoms can persist for months or even years after the initial injury.

For accident victims, early medical evaluation is extremely important after any blow to the head — even if symptoms initially seem mild. Prompt treatment, documentation, and follow-up care can play a significant role in both recovery and protecting your legal rights after an accident.

At our firm, we understand that brain injuries are often “invisible injuries” that can impact every aspect of a person’s life, including work, relationships, and everyday activities. Recovery can require ongoing medical care, therapy, rehabilitation, and lifestyle adjustments.

Protecting Your Health After an Accident

If you or a loved one experiences a head injury after a car accident, bicycle accident, slip and fall, or other incident:

- Seek medical attention immediately
 - Monitor symptoms closely
 - Follow all treatment recommendations
-

- Avoid returning to strenuous activity too quickly
- Keep records of medical care and symptoms

The brain is one of the body's most vital organs, and even mild traumatic brain injuries should be taken seriously. Awareness, early treatment, and proper support can make a meaningful difference in long-term recovery.

<https://www.goodrx.com/health-topic/neurological/what-its-like-to-recover-from-brain-injury>

June Recipe



Fresh Summer Berry Yogurt Parfaits

Looking for a simple and refreshing summer treat? These berry yogurt parfaits are easy to make, packed with fresh fruit, and perfect for warm June days.

Ingredients

- 2 cups vanilla Greek yogurt
- 1 cup fresh strawberries, sliced
- 1 cup blueberries
- 1 cup raspberries

- 1 cup granola
- Honey (optional)
- Fresh mint for garnish (optional)

Directions

1. In a glass or bowl, add a layer of Greek yogurt.
2. Top with a layer of mixed berries.
3. Add a layer of granola.
4. Repeat the layers until the glass is full.
5. Drizzle with honey if desired and garnish with fresh mint.

Serve immediately and enjoy!

Why We Love It

This recipe is quick, refreshing, and full of protein and antioxidants—making it a great snack or light breakfast during the busy summer months.

From all of us at our office, we hope you have a safe, healthy, and enjoyable June!



We are truly grateful for the trust you place in us to handle your personal injury needs.

Your referrals mean the world to us—they are the highest compliment we can receive.

If you know someone who could benefit from experienced legal support after an accident, we're here to help them get the care and compensation they deserve.

Rest assured, we'll treat them with the same dedication and respect we've shown you.

Thank you for your confidence in us!

HAVE A WONDERFUL MONTH OF JUNE FROM ALL OF US AT LARSON LAW!!



We Want to Hear From You!

Unlike many law firms, **we actually want you to call us** and keep us updated on your case!

If it's been more than 30 days since we last spoke—please reach out. Staying in touch helps us serve you better and make sure nothing slips through the cracks.

Here's what we need to know:

- ✓ **Any updates on your recovery, care, or treatment**
- ✓ **If you've seen a new doctor**
- ✓ **If you've had new imaging like X-rays or MRIs**
- ✓ **If your health insurance has changed**
- ✓ **If your doctor says you've completed treatment**
- ✓ **If you're feeling frustrated with your recovery process**

We're here to guide you through this—**but we need your help** staying informed.

Call us. Email us. Let's talk.

We're your team, and communication is key.

Did you know Larson Law has Facebook Pages, Instagram, TikTok and more!

Click icon links below to follow our pages!

We'd love for you to join and like our pages!

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