Matthew J. Troy

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Office Location: Orlando

Matthew J. Troy, a partner in Conroy Simberg's Orlando office, represents employers, carriers, TPAs, uninsured employers, PEOs and self-insured funds in all types of workers' compensation cases including permanent total disability, catastrophic injuries, toxic exposure, heart and lung bill presumption cases, drug test denials and PEO coverage. Board-certified by The Florida Bar in Workers' Compensation, he joined Conroy Simberg after working for a boutique firm handling cases throughout South Florida and the rest of the state.

Matt earned a juris doctor from the Florida State University College of Law. While in law school, he worked for Florida Representative Charlie Dean and the Florida Department of Transportation. Matt also holds an undergraduate degree in History from the University of Florida.

Education:

- J.D., Florida State University College of Law
  - Phi Delta Phi, Legal Honor Society
- B.A., University of Florida
  - Lambda Chi Alpha

Practice Areas:

- Workers' Compensation Defense
- Heart and Lung, Communicable Diseases & Occupational Exposure
- Medicare Set Aside Allocations
- Hospitality
- Insurance Fraud and Misrepresentation

Bar Admissions:

- Florida

Professional Affiliations:

- Judge William Wieland American Inn of Court, Member
- The Florida Bar, Workers' Compensation Section

Speaking Engagements:

- "Intro to Workers' Compensation," Co-Presenter, The Florida Bar Continuing Legal Education Committee Webinar, September 2026
- "Attorney's Fees and Costs," Co-Presenter, Conroy Simberg Webinar, April 2026
- "Attorney's Fees and Costs," Co-Presenter, The Florida Bar Workers' Compensation Forum, April 2026
- "Making AI Work for You," Co-Presenter, Florida RIMS Educational Conference, July 2025
- "AI for the Reluctant Ones – It's Here to Stay and not Going Away," Co-Presenter, Florida Bar Annual Technology Symposium, June 2025

- "Workers' Compensation: Compensability Determinations," Co-Presenter, Conroy Simberg Webinar, April 2025
- "Workers' Compensation Fraud: Red Flags, Conducting Investigations, Defense Strategy, Best Practices for Prevention," Co-Presenter, Strafford Webinar, November 2024
- "The Art of the Deposition, Perspectives from Both Sides," Co-Presenter, The Florida Bar Continuing Legal Education Committee and the Workers' Compensation Section, July 2024
- "Statute of Limitations in Workers' Compensation," Co-Presenter, Conroy Simberg Webinar, April 2024
- "The Employment Relationship, Employee Leasing Companies (PEOs), Covered and Excluded Employment, Defenses to Claims and Fraud," The Florida Bar Forum, April 2024
- "Investigation: Who is afraid of the big, bad phone?" Co-Presenter, 77th Annual Workers' Compensation Educational Conference and 34th Safety & Health Conference, August 2023.
- "Workers' Compensation 101," Co-Presenter, The Florida Bar Continuing Legal Education Committee, June 2023
- "Pay to Play, Indemnity Benefits and Avoiding Litigation Over Them," Co-Presenter, Conroy Simberg Webinar, April 2023
- "The Employment Relationship, Employee Leasing Companies (PEOs), Covered and Excluded Employment, Defenses to Claims and Fraud, Co-Presenter, The Florida Bar Workers' Compensation Forum, April 2023
- "To Be....Or Not to Be....That is The 120 Day Question," Co-Presenter, Conroy Simberg Webinar, April 2022
- "The Employment Relationship, Employee Leasing Companies, Covered and Excluded Employment, Defenses to Claims and Fraud," Co-Presenter, The Florida Bar Workers' Compensation Forum, April 2022
- "I Don't Know Who My Boss Is: Statutory Employers and PEOs," Co-Presenter, Conroy Simberg Webinar, April 2021
- "The Employment Relationship, Employee Leasing Companies, Covered and Excluded Employment, Defenses to Claims and Fraud," Co-Presenter, Florida Bar Workers' Compensation Forum, April 2021
- "Nuts and Bolts of Workers' Compensation," Co-Presenter, Conroy Simberg Webinar, June 2020
- "Medical Benefits and Major Contributing Cause," Co-Presenter, Conroy Simberg Webinar, May 2020
- "COVID-19 and Its Affect on Florida Workers' Compensation," Conroy Simberg Webinar, Co-Presenter, March 2020
- "OH NO, IT'S MATH: AWW Calculations, Social Security Disability Offsets and Grice Offsets," Co-Presenter, Conroy Simberg Webinar, April 2019
- "Catastrophic Claims," Presenter, Conroy Simberg Webinar, February 2018

Publications:

- "A Positive Drug Test Does Not Always Mean a Presumption," News and 440 Report, Workers Compensation Section of the Florida Bar, Fall 2020
- "Is Time an Employee Spends Going to Workers' Compensation Appointments 'Compensable Time' Under the FLSA?" News & 440 Report Volume XXXI, No. 6 Summer 2015
- "Apportionment Clarified: *Staffmark v. Merrell*," News & 440 Report Volume XXX, No. 1 Fall 2010

Community Involvement:

- Friends of 440 Scholarship Fund, Inc. is a non-profit organization recognized by the IRS as an organization under Section 501(c)(3) of the Internal Revenue Code. It has been in existence since 1991, and since then has awarded over 700 scholarships that total nearly $1.4 million which has been used to assist qualified college students to achieve their educational goals.
    - President, 2024- Present

    - Vice President for Scholarship Promotion, 2013 – 2024
- Lambda Chi Alpha Epsilon Mu Housing Corp., President, 2015- Present
- Cornerstone Charter Academy SAC, Chairperson, 2015- 2025
- Cornerstone Charter Academy PTSA, Vice President, 2025- Present

Honors & Distinctions:

- Board Certified in Workers' Compensation, The Florida Bar, 2014
- AV® Preeminent™ rated by Martindale-Hubbell
- Florida Super Lawyers, Rising Star, 2021-2023
- The Best Lawyers in America, 2026-2027, Listed in Florida for Workers' Compensation Law - Employers