

What's the number one thing that you can do to win your Social Security Disability case in front of an Administrative Law Judge?

Be honest, be candid, be forthright. Why? An Administrative Law Judge will determine whether you are entitled to Social Security Disability benefits. The Judge may ask you questions. Your answers should be honest and complete, you shouldn't exaggerate in any way the limitations you have because of your physical and mental impairment. Believe me, Administrative Law Judges' hear hundreds of cases every year and they can spot fraud a mile away.

While you shouldn't minimize the extent of your impairments, you need to be honest.

So, if for example, you have a pain that effects the range of motion of your joint, impacts the strength of your muscle, interferes with your ability to stand, stoop or cross reach or grasp, these symptoms and functional limitations should be explained to the Administrative Law Judge.

These functional limitations can reduce your ability to return to your past relevant work or engage in any kind of work.

You should give honest and concrete answers. Don't say that you can't work! Indicate that you can't bend, stoop or lift for more than five to ten minutes at a time, you have to change positions frequently, you have difficulty sleeping.

Can you see the difference? You should explain in great detail to the Administrative Law Judge the symptoms that you have and how they impact your functionality.

At Cavey and Barrett, we make sure that our clients are prepared to testify in front of the Administrative Law Judge.