

Matthew E. Carlins

ASSOCIATE

Chicago, IL | 312.873.2946

mcarlins@polsinelli.com



Matthew Carlins supports businesses involved in commercial and health care litigation, assisting with strategy, research and advocacy throughout the litigation process. He works with clients and trial teams to develop practical solutions to complex legal challenges.

Matthew contributes to all stages of litigation, including legal analysis, drafting pleadings and motions, discovery strategy and case preparation. His experience spans a range of business disputes, with additional exposure to matters involving health care organizations and regulatory considerations.

Clients benefit from Matthew's analytical approach and attention to detail. He helps evaluate legal and factual issues early in a case, supporting efficient decision-making and strategic planning. His work is focused on advancing client objectives while maintaining clarity around risk and cost considerations.

By combining strong legal research skills with an understanding of business and industry context, Matthew helps clients navigate disputes in a thoughtful and disciplined manner.

Education

- University of Illinois College of Law (J.D., *magna cum laude*, 2025)
 - CALI Excellence Award: Employment Discrimination
 - CALI Excellence Award: Climate Law & Policy
- University of Illinois at Urbana-Champaign (B.S., 2019)
 - Chemistry and Political Science

Bar Admissions

- Illinois

Capabilities

- Litigation
- Commercial Litigation
- Health Care
- Health Care Litigation