



Allyson Cady

Cleveland

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Overview

Allyson Cady represents clients in complex business disputes across state and federal courts, as well as before leading arbitration associations. Her practice encompasses a wide range of matters, including breach of contract, trade secret theft, breach of fiduciary duty and securities fraud. If a dispute threatens a business's bottom line or reputation, Allyson knows how to litigate it from start to finish.

A passionate advocate and skilled trial lawyer, Allyson brings years of live courtroom experience and an unwavering commitment to mastering the craft of litigation. Clients value her approachable style, clear communication and practical, results-driven strategy that keeps their business goals front and center.

During law school, Allyson gained meaningful, hands-on experience on both sides of the courtroom. She simultaneously served as a judicial extern to Magistrate Judge Jonathan D. Greenberg at the U.S. District Court for the Northern District of Ohio and as a certified legal intern at the Lake County Public Defender's Office. As a judicial extern, she conducted legal research at the Judge's request, reviewed and analyzed briefs, drafted judicial opinions and observed a variety of hearings and mediations—an experience that gave her valuable insight into what persuades judges in both written and oral advocacy. At the Public Defender's Office, Allyson served as first chair on every case, spending full days in court defending juvenile clients against a wide range of misdemeanor-level charges.

Outside of the courtroom, Allyson channels the same grit, discipline and focus that drive her legal work into competitive bodybuilding. She believes the consistency and goal-oriented mindset required for success on stage mirrors what it takes to achieve the best possible outcomes for her clients.

Representative Matters

- Provide compliance counseling to psychotherapy conglomerate regarding duties in responding to a subpoena, as well as compliance with government investigations.
- Assisted with drafting a successful appellate brief regarding choice of law and claims provisions in a contract between a contractor and subcontractor relating to a large scale project commissioned in Michigan.
- Successfully negotiated and resolved consumer disputes against a sizeable motor vehicle company and its dealerships.
- Second-chaired a bench trial on behalf of a large scale investment bank against claims of usurious interest. Assisted with trial preparation, as well as pre-trial drafting of pleadings, as well as discovery, dispositive, and trial motions.
- Assisted in defense of Fortune 500 company in Telephone Consumer Protection Act and Fair Credit Reporting Act litigation. Assisted with drafting of pleadings, discovery, dispositive motions, and trial motions.
- Serve as outside General Counsel to professional association of +52,000 nurse anesthetists. Recently, filed an Amicus brief on behalf of AANA regarding scope of practice and title preservation in the New Hampshire Supreme Court.

Credentials

EDUCATION

- Case Western Reserve University School of Law, 2019, J.D., *magna cum laude*
 - Jonathan M. Ault Mock Trial Team
 - Health Matrix Journal of Law-Medicine, Executive Articles Editor
- University at Buffalo, 2016, B.A., *summa cum laude*, Legal Studies
 - Minors in Sociology, Political Science, and Spanish
 - Undergraduate Mock Trial, Member and Captain

BAR & COURT ADMISSIONS

- Ohio
- U.S. District Court for the Northern District of Ohio
- U.S. District Court for the Southern District of Ohio
- U.S. District Court for the Western District of Texas
- U.S. District Court for the Eastern District of Michigan
- U.S. District Court for the Southern District of Indiana

- U.S. Court of Appeals for the Sixth Circuit
- U.S. District Court for the Eastern District of Texas

Memberships

- Member, Cleveland Metropolitan Bar Association
- Member, Ohio State Bar Association
- Member, American Transportation Law Professionals

Awards & Recognition

- Listed, *The Best Lawyers®* Ones to Watch, Appellate Practice; Commercial Litigation; Construction Law; 2024-2026
- Listed, Ohio Super Lawyers – Rising Stars, Business Litigation, 2024-2026

News & Insights

- [Going Back to the “Well”: Plaintiffs Target Wellness Branding by Attacking Ingredients](#)
June 5, 2026 | Client Alerts & Insights
- [48 Benesch Attorneys Selected to 2026 Ohio Super Lawyers and Rising Stars](#)
January 27, 2026 | Press Releases
- [129 Benesch Attorneys Recognized in 2026 Best Lawyers® Rankings](#)
August 21, 2025 | Press Releases
- [132 Benesch Attorneys Recognized in 2025 Best Lawyers® Rankings](#)
August 14, 2024 | Press Releases
- [“Tip” Away?! SCOTUS Rules That 18 U.S.C. § 666 Does Not Criminalize Gratuities](#)
July 8, 2024 | Client Alerts & Insights
- [Those Subject to the Corporate Transparency Act Should Continue to Comply with its Requirements](#)
March 6, 2024 | Client Alerts & Insights
- [41 Benesch Attorneys Selected to 2024 Ohio Super Lawyers and Rising Stars Lists](#)
December 31, 2023 | Press Releases
- [Best Lawyers in America® Rankings 2024](#)
August 17, 2023 | Press Releases
- [The FTC Has Not Taken Its Foot Off the Pedal on "Made in the USA" Claims](#)
April 25, 2023 | Client Alerts & Insights

- [50 Shades of Data Sharing: How a Uniform Fifty-State Prescription Drug Monitoring Program Can Restore Discretion to Opioid Prescribers and Autonomy to Chronic Pain Patients, 29 Health Matrix 464 \(2019\)](#)
November 11, 2019 | Contributed Content & Presentations