



Stephen R. Quanrud

ATTORNEY, ASSOCIATE

"I lean into my ability to quickly synthesize information to better support clients and respond strategically to each case."

CONTACT ME

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ABOUT

Stephen's practice currently focuses on workers' compensation defense, representing employers, insurers, and third-party administrators. Before joining Brown & Carlson in 2024, he built an extensive background advocating for employees as a plaintiff-side workers' compensation and long-term disability attorney. His experience on both sides of the table provides him with a unique and valuable perspective, enabling him to develop comprehensive, client-focused strategies to deliver effective representation when negotiating settlements or defending claims at hearing.

Quick to synthesize complex information, Stephen's analytical mindset is a strong asset to his clients. Backed by a quick wit and a good sense of humor, he's a valued presence both in and out of the courtroom. Outside the office, Stephen enjoys archery and hitting the mountain bike trails—where he coaches young riders, helps maintain local paths, and gets out for a ride whenever he can.

CREDENTIALS

- Hamline University, B.A. Social Studies, 2004
- University of Minnesota Law School, J.D., 2013
- Bar Admissions: Minnesota, 2013

NOTABLES

- Rising Star of Law — 2020-2023

ASSOCIATIONS

- Minnesota State Bar Association

ASSISTED BY



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