

# Bridget Watson, MSPT

Physical Therapist



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## Profile

Bridget Watson has been a member of the IBJI Gurnee team since 2007. She enjoys treating a wide variety of diagnoses, but has a particular interest in treating the foot and ankle, shoulder, and running injuries. Bridget can perform a systematic and comprehensive video running analysis to improve your running mechanics and alleviate pain with running. She is trained in the Graston Technique, an instrument assisted soft tissue mobilization technique that detects and treats scar tissue and fascial restrictions.

In her free time, Bridget enjoys long distance running and cycling classes as well as spending time with her husband and three boys.

## Education

- Bachelors of Business Administration, University of Notre Dame, Notre Dame, Indiana
- Masters of Science in Physical Therapy, Washington University in St. Louis