
Bridget Scanlon

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Education

Anglia Ruskin University

Sport & Exercise Therapy, BSc (Hons).

Cambridge, Cam.

May 2027

Study Abroad @ University of Illinois Chicago

Study abroad coursework in Physical Training.

Research Paper: Anterior Shoulder Instability in Volleyball:

A Case-Based Analysis of Bankart Lesion Rehabilitation

Chicago, United States of America

January 2026 – May 2026

Suffolk New College

Sport and Exercise Science, BTech (Level 3)

Distinction*, Distinction, Distinction

Ipswich, Suffolk

June 2023

Experience

University of Illinois Chicago

Athletic Medicine Internship

Chicago, United States of America

January 2026 – May 2026

- Assisted in treatment and rehabilitation of Division 1 athletes across 6 sports within the NCAA, including soccer, basketball, volleyball, tennis and baseball.
- Applied therapeutic modalities including muscle stimulation, soft tissue massage and cupping under clinical supervision.
- Supported pre-game preparation through taping, soft tissue work, and structured warm-up routines.
- Prepared and organized medical equipment, including first aid kits and hydration stations, for training and competition.
- Observed and contributed to clinical assessments and treatment planning within a high-performance athletic environment.
- Collaborated with Athletic Department staff to support delivery of the 2026 Missouri Valley Conference Women's Tennis Championships.

Recommendation: contact Danielle Colegrove @ dcolegro@uic.edu

Recommendation: contact Bryan Yonka @ yonka@uic.edu

SportsMed East

Sport Therapy Internship

Ipswich, Suffolk

August 2025 – December 2025

- Delivered supervised treatment sessions using modalities including muscle stimulation, soft tissue massage, shockwave, ultrasound, laser therapy and joint mobilisations.
- Led rehabilitation programme for a below knee amputation patient from 2 weeks to 4 months post-operation, improving functional mobility and strength.
- Conducted independent client sessions with senior therapist oversight, demonstrating clinical reasoning and treatment planning skills.
- Completed detailed client assessments and maintained accurate clinical notes and treatment records.
- Shadowed physiotherapists and chiropractors to develop multidisciplinary understanding of musculoskeletal care.
- Provided pitch-side medical support as therapist for Ipswich Rugby Club 2XV, managing acute injuries and return-to-play decisions, as well as baseline SCAT assessments.
- Provided court-side medical support as therapist for Ipswich Basketball Academy, managing acute injuries and return to play decision, as well as pre-season physical tests and baseline SCAT assessments.

Recommendation: contact Jonathan George @ info@sportsmedeast.co.uk

Anglia Ruskin University Men's Basketball

Cambridgeshire

Cambridge,

Junior Sport Therapist

January 2025 – April 2025

- Provided pre-game treatment such as soft tissue work and taping, while also providing medical support courtside during game play.

SportsMed East

Ipswich, Suffolk

Student Observer

April 2024

- Completed 20 hours of clinical observation within a sports therapy setting
- Observed delivery of treatments including soft tissue massage, joint mobilisations and electrotherapy modalities (muscle stimulation, shockwave, ultrasound)
- Gained foundational understanding of clinical assessment, treatment planning and patient management.

Other Working Experience**Youth Hostel Association**

Sheringham, Norfolk

Seasonal Worker

June 2024 – Present

- Delivered customer service to 50+ guests daily, managed check-ins, queries, and transactions
- Supported daily operations including housekeeping and food service in high-occupancy periods (80–100%)
- Maintained cleanliness, safety, and service standards, contributing to positive guest feedback

Tesco Superstore

Ipswich, Suffolk

DotCom – Personal Shopper

September 2021 – December 2025

- Picked and packed online orders with 95–99% accuracy, meeting strict dispatch deadlines
- Fulfilled 100+ items per hour using handheld systems while maintaining product quality standards
- Collaborated across departments and adapted to different store roles during peak periods

Community Service**Northgate Athletics Club**

Ipswich, Suffolk

Junior Long Jump Coach

October 2019 – September 2021

- In charge of arranging equipment in preparation for the upcoming club session.
- Led warmups and cool downs which were applied and adapted to different age ranges.
- Taught basics in sprinting and jumping to able bodied children as well as children suffering from Cerebral Palsy.

Girl Guiding Association

Ipswich, Suffolk

Young Leader

September 2019 – June 2024

- Working with children aged between 3 to 10.
- Providing the leaders and children support during activities, like crafts as well as planning time filler games and activities.

Qualifications**Sports Massage**

The Society of Sport Therapists (SST)

April 2026

Emergency First Aid at Work

Clear Aid

March 2024