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Newsletter

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## Meet Our Staff

### Sheree King, PT, CLT-LANA

Sheree is the owner of Ribbons Physical Therapy. She is a Johnson City native and returned to Tri-cities area in 2006. She has a strong desire to assist the cancer population and meet a large unmet need in our community by assisting cancer survivors to their pre-cancer activity level. She received her physical therapy degree from UT-Memphis and her lymphedema therapist certification from Academy of Lymphatic Studies. She received her Lymphology Association of North (LANA) certification in 2009 and is currently the only LANA certified lymphedema therapist in our region. She enjoys hiking, reading, and visiting her grand dogs.



### Andrea Buchanan - Office Manager



Andrea F. Buchanan has 25 years of medical experience in multiple areas including Physical Therapy. She was raised in Southern

Nevada relocating to Kingsport, TN with her husband in 2004 while expecting their daughter. Cancer has played a significant role in her life after her best friend's mother battled breast cancer for many years and caring for her mother-in-law who had renal cell carcinoma. She also has a sister who is a breast cancer survivor. She enjoys spending time with her husband James, and daughter Sage. She also makes handmade soaps for Verbena & Sage Botanicals, her natural body care business.

### Reagan Penix, PTA

Reagan joins us as a graduate of Walters State Community College where she received her AS in Physical Therapy Assistant. She is a Kingsport native. Her career aspiration is to attend PA school after completing her BS at ETSU which she is currently pursuing. She is a former swimmer and enjoys being on the coaching staff for the Sullivan South Swim Team.



### Brooke Maness, OTR/L, CLT

Brooke joins us with many years of experience as an OT and also is a Certified Lymphedema Therapist. In addition to treating lymphedema, she assists with activities of daily living such as dressing and assists with cognitive training when there are deficits related to chemo induced cognitive impairment. She has enjoyed assisting the lymphedema and cancer population with their health care needs. Brooke is a Kingsport native and received her MS in OT from Milligan College. She enjoys cooking, gardening, and spending time with family.



Did you know **Cancer Related Fatigue** is the most common side effect related to cancer treatments? Referring patients to physical therapy can assist your patients in combatting fatigue. Ribbons Physical Therapy can develop an individualized program for patients including endurance training, strength training, energy conservation education, and education in good sleep hygiene. All provided in a safe environment.





## Do Your Patients Need Help with New Year's Resolutions to Exercise?

During COVID, your patients may not feel comfortable going to the community gym. Here at Ribbons PT, we can instruct cancer survivors in an individualized exercise program which later they can choose to progress to a gym or continue on their own at home. Cancer survivors need a supervised exercise program as not to cause development of lymphedema and taking precautions due to any balance/sensation deficits or risk for osteopenia/porosis that are present so that no injury occurs with initiating an exercise program. Ribbons PT provides a safe environment following CDC guidelines to prevent COVID exposure.

Ribbons Physical Therapy is the region's only outpatient rehabilitation clinic exclusively treating Cancer Survivors and Lymphedema patients. We strive to provide an environment for healing where the patient does not have to worry about his/her appearance and can focus on healing. We provide one on one individualized care.

If you desire to receive this newsletter electronically, please let us know:

Email: [office@ribbonspt.com](mailto:office@ribbonspt.com)

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