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Dr. Stewart received her undergraduate and master's degrees from Stanford University. She attended the University of Minnesota Medical School, and did her residency training in Physical Medicine and Rehabilitation at Mayo Clinic. Dr. Stewart is a physiatrist specializing in Lymphedema management and treatment.

She was a staff physician at Charlotte Institute of Rehabilitation, where she served as Director of Research, Director of Cancer Rehabilitation Services, and Director of the Lymphedema Clinic. She is board certified in Physical Medicine & Rehabilitation, and is board certified in the subspecialty of Spinal Cord Medicine.

Dr. Stewart now serves as Medical Director of Lakeshore Rehabilitation Hospital in Birmingham, Alabama.