

## Related Specialties

Many individuals with tethered cord syndrome receive care from several different specialties, depending on their symptoms and individual needs. When possible, it is important to choose a specialist who is familiar with tethered cord syndrome as best-practice treatment protocols often differ from the general population.

**Cardiology:** Cardiologists specialize in the heart and circulatory system. In individuals with TCS, they may assist with autonomic dysregulation (such as temperature instability, blood pressure changes, or fainting), and arrhythmias.

**Gastroenterology:** Gastroenterologists treat the digestive system, including the esophagus, stomach, intestines, and liver. They often help manage symptoms such as chronic constipation, fecal incontinence, and gastrointestinal motility disorders.

**Genetics:** Geneticists evaluate inherited conditions and congenital syndromes. They may help determine whether a patient's tethered cord is part of a broader genetic or developmental condition, and can offer genetic counseling to families.

**Nephrology:** Nephrologists specialize in kidney function. They may become involved in the care of patients with TCS-related urinary dysfunction that leads to hydronephrosis, recurrent infections, or other kidney complications.

**Neurology:** Neurologists diagnose and treat conditions affecting the brain, spinal cord, and nerves. They play a key role in evaluating neurological symptoms such as leg weakness, sensory changes, pain, or seizures.

**Neurosurgery:** Neurosurgeons are the primary surgical providers for tethered cord syndrome. They perform the procedure to release the tethered spinal cord and often monitor patients during recovery and long-term follow-up.

**Occupational Therapy:** Occupational therapists help patients perform everyday activities more effectively. They work with individuals who face challenges due to physical limitations, pain, or post-surgical recovery, with a focus on improving independence and quality of life.

**Orthopedics:** Orthopedic specialists treat the bones, joints, muscles, and connective tissues. In TCS, they often help manage conditions such as scoliosis, hip dysplasia, foot concerns such as high arches or clubfoot, or gait abnormalities like toe walking.

**Pain Management:** Pain specialists help treat chronic pain through a combination of medications, physical interventions, nerve blocks, and non-pharmacologic approaches. This can be especially helpful for patients with residual pain after surgery.

**Physical Therapy:** Physical therapists use targeted exercises and hands-on therapy to help patients improve mobility, strength, balance, and flexibility. They are especially important during rehabilitation after surgery or when managing ongoing symptoms.

**Primary Care/Pediatrics:** Primary care providers coordinate referrals, monitor symptoms, track development, and serve as the central hub for ongoing care. They are often the first to recognize signs of TCS.

**Psychology/Behavioral Health:** Mental health professionals can help patients and families manage the emotional and psychological effects of chronic illness, pain, and medical trauma.

**Urology:** Urologists treat the urinary and reproductive systems. In TCS, they often manage neurogenic bladder, incontinence, urinary retention, frequent infections, and other urologic concerns related to spinal cord function.

**Integrative Medicine:** Integrative medicine practitioners combine conventional and holistic approaches to optimize health and manage chronic symptoms. They may offer support through nutrition, supplements, stress reduction, and lifestyle-based interventions.