



Dear Valued Educator,

Your student is affected by a significant spinal condition called Tethered Cord Syndrome. Tethered Cord Syndrome is a rare disease affecting the spinal cord and many important nervous system functions throughout the body. It occurs when a portion of spinal cord is tethered, or “stuck” abnormally inside the spinal column, resulting in nerve damage and functional impairment. The condition is often treated with surgery to detether the spinal cord, but many individuals continue to be affected by residual nerve damage even after corrective surgery.

Each individual with tethered cord syndrome is unique, but many are affected by the following symptoms. Please treat these sensitive topics with respect and dignity, and remember to maintain an appropriate level of confidentiality as discussed with your student and/ or caregivers.

Student Name: _____ Parent Name: _____

Please mark all symptoms that apply and add details as needed:

- Back, leg, and/or other musculoskeletal pain
 - Difficulty participating in strenuous physical activities
 - Difficulty walking
 - Difficulty standing
 - Difficulty sitting
 - Need to move and/or change positions frequently
 - Other
- Balance and Gait Issues
 - Prone to tripping and/or falling
 - Prone to injuries with activity
 - Slow and/or difficult walking patterns
 - Use of scoliosis bracing
 - Use of mobility aids
 - Asymmetrical musculoskeletal function
 - Weaker side: Right Left
 - Other
- Bladder dysfunction
 - Urinary incontinence
 - Difficulty urination
 - Intermittent Catheterization
 - Mitrofanoff/urostomy
 - Other
- Bowel dysfunction and/or fecal incontinence



- Fecal incontinence
- Constipation
- Gastrointestinal dysfunction
- ACE/colostomy/ileostomy
- Other
- Dysautonomia
 - Postural Orthostatic Hypotension (POTS)
 - Autonomic dysreflexia
 - Headaches
 - Other

Appropriate accommodations for students with tethered spinal cord may include, but are not limited to the following. Please mark items that should be discussed regarding this student:

- Extra allowance for missed school days due to doctor's visits, surgeries, and illness
- Unlimited bathroom visits during the day
- Extra time to travel in between classes
- Extra precautions for physical activities such as PE and recess
- Alternative seating options
- Ability to stand up and move around when necessary
- Option to sit or lie down when necessary
- Access to a water bottle and/or electrolyte drink at all times
- Access to a private bathroom
- Secure storage area for medical supplies and/or change of clothes
- Nursing assistance for medical appliances and/or catheterization
- Nursing assistance for administration of required medications
- Access to all educational spaces with the use of personal mobility aids
- Other:

Filled out by: _____ Date: _____

Signatures: _____

This is not a comprehensive list of accommodations that might be required, and not all of them are necessary for every student. Please work with your student and their caregivers on an individual basis now and throughout the year as new concerns may arise. We appreciate your dedication to the educational process and value your input and understanding as we work together to create a positive educational experience for all the students in your care.