

TETHERED CORD SUPPORT ALLIANCE

NEWSLETTER

AUGUST 2026

August always feels like a bit of a reset to me. Does it for you? As summer starts to wind down, it's a good opportunity to check in on our health and focus on the things that keep us moving and feeling our best.

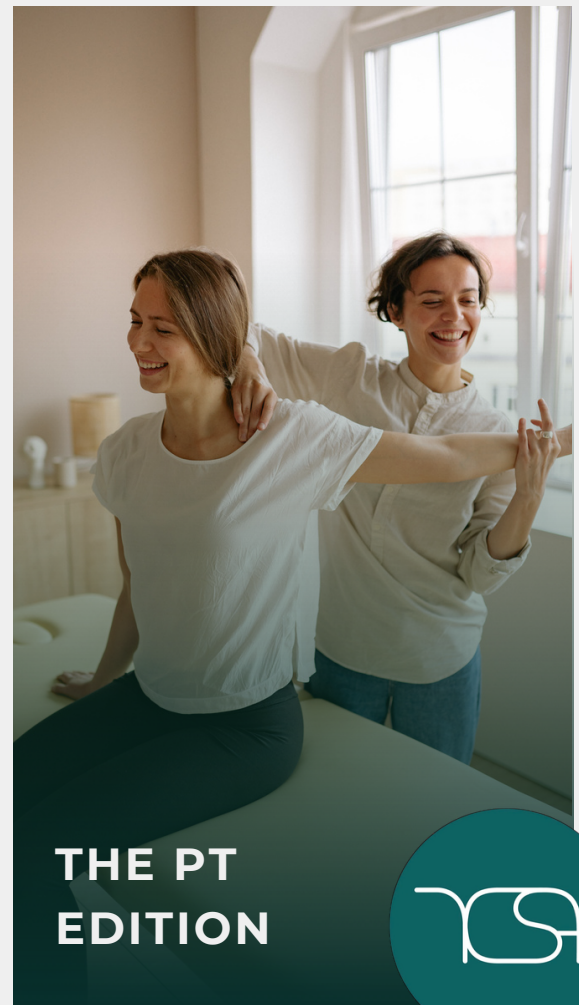
**ILLUMINATE PATHS TO
COMMUNITY AND
CONNECTION FOR THOSE
WITH TETHERED CORD**

This month, we're focusing on the important role physical therapy plays in the care of individuals with tethered cord syndrome (TCS). Inside, you'll find a recap of our recent webinar featuring experienced physical therapists, where we explored rehabilitation strategies, practical therapy approaches, and key considerations for supporting individuals with TCS throughout every stage of care.

We've included physical therapy resources to help you continue learning, whether you're a patient, caregiver, or healthcare professional.

Everything we do is made possible by our incredible community. We're sharing a few simple ways you can support the Tethered Cord Support Alliance (TCSA). From helping us expand our educational outreach to volunteering or connecting us with new opportunities, every contribution helps us continue our mission of education, advocacy, and support.

Thank you for being part of our community!



**THE PT
EDITION**



[Tetheredcord.com](https://tetheredcord.com)



REHABILITATIVE STRATEGIES FOR THOSE WITH TETHERED CORD

Tethered Cord Syndrome Association (TCSA) teamed up with a panel of experienced physical therapists to explore the critical role rehabilitation plays in the care of individuals with TCS. Together, they discussed how physical therapy supports patients across the continuum of care, from preparing for surgery to recovery and long-term functional outcomes.

The conversation explored the value of prehabilitation, highlighted physical therapy considerations unique to TCS, and emphasized the importance of recognizing subtle clinical signs that may point to an undiagnosed tethered cord. Drawing from years of clinical experience, our panelists shared practical, evidence-informed strategies that healthcare professionals can apply in practice while also providing valuable guidance for patients and caregivers navigating a TCS diagnosis.

One of the biggest takeaways for me? Physical therapy makes a meaningful difference.

Physical therapy is a powerful tool for improving outcomes across the board for individuals with tethered cord syndrome. Rather than focusing solely on recovery after surgery, the discussion highlighted the important role rehabilitation plays throughout the entire patient journey, from pre-rehabilitation and surgical recovery to long-term function and quality of life.

The webinar stood out for its practical, actionable guidance on how physical therapy strategies can be adapted specifically for patients with TCS. The emphasis on understanding the body's interconnected systems and integrating that knowledge into rehabilitation offered a fresh perspective that resonated with both healthcare professionals and families.

One parent shared how quickly the information from the webinar translated into practice:

“My daughter’s physical therapist watched it over the weekend and told us that it was helpful for him for ideas on how to modify some of our current strategies to make them more effective, as well as some new ones that we haven’t tried before. It brought attention to system-wide connections and ways to better integrate that into our therapy program.”

For families, these insights offer hope and practical next steps. For clinicians, they reinforce the importance of tailoring rehabilitation to the unique needs of individuals with TCS and recognizing that thoughtful, individualized therapy can have a meaningful impact on long-term outcomes.

Thank You

We extend our sincere thanks to our physical therapist panelists for generously sharing their expertise, clinical experience, and practical guidance. Their willingness to educate and collaborate helps advance care for individuals with TCS and equips both healthcare professionals and families with the knowledge to make a meaningful difference.

FULL PT WEBINAR

Resources & Documentation

- **Pre-Operative Physical Therapy for Tethered Cord Release Surgery**
- **Pelvic Floor Physical Therapy in Tethered Cord Syndrome**
- **Physical Therapy Concepts and Modalities for TCS/OTCS**
- **Tethered Cord Syndrome & Scoliosis**
- **Understanding TCS and Scoliosis**

Find more PT resources [here](#).





August 4th @ 7:00 pm – 8:00 pm CDT

Tethered Tuesday (virtual support group for adults)

- Connect with other adults living with tethered cord syndrome.
- 1st Tuesday of the month at 7pm CST

August 11th @ 12:00 pm – 1:00 pm CDT

Tethered Tuesday (virtual support group for parents/caregivers)

- Connect with other parents/caregivers of children living with tethered cord syndrome.
- 2nd Tuesday of the month at 12pm CST

August 18th @ 12:00 pm – 1:00 pm CDT

Tethered Tuesday (virtual support group for adults)

- Connect with other adults living with tethered cord syndrome.
- 3rd Tuesday of the month at 12pm CST

August 25th @ 7:00 pm – 8:00 pm CDT

Tethered Tuesday (virtual support group for kids)

- Connect with other kids who are living with tethered cord syndrome! Caregivers are always welcome to listen in and help as needed, but the content and discussions in this group are geared toward children (3-17).
- 4th Tuesday of the month at 7pm CST

AUGUST 18TH 7-8PM CDT

Genetic Diseases and Tethered Cord Syndrome

Join us for a free webinar with Dr. Pankaj Agrawal as we explore the emerging connections between genetics and tethered cord syndrome (TCS). Learn how inherited conditions and connective tissue disorders may influence the development, diagnosis, and management of TCS, and gain valuable insights into the role of genetic evaluation in patient care. A live Q&A session will follow the presentation.

[REGISTER HERE](#)

TETHERED TUESDAYS

We've simplified things! Going forward, all Tethered Tuesdays meetings will use one consistent Zoom link. Be sure to save the link or QR code to your preferred device for easy access to all Tethered Tuesdays support group meetings.



LOOKING FOR WAYS TO SUPPORT OUR PROGRAM?

The Tethered Cord Support Alliance (TCSA) is a 100% volunteer-led organization. Every program, resource, and event we provide is made possible by the dedication of volunteers and the support of our community.

YOU CAN HELP ADVANCE OUR MISSION IN SEVERAL MEANINGFUL WAYS:

- Request TCSA resources for your local hospital, clinic, or therapy practice to help raise awareness and connect patients and providers with trusted information.
- Share grant opportunities by letting us know about local, regional, or national funding opportunities that could help support our programs and outreach.
- Attend, volunteer, and participate in our events. Whether you lend your time, expertise, or enthusiasm, your involvement helps us expand our impact and strengthen the TCS community.
- Make a financial gift to support our mission.

SUPPORT OUR MISSION

OUR MISSION IS TO IMPROVE MEDICAL CARE AND QUALITY OF LIFE FOR ALL WITH TETHERED CORD SYNDROME FOUNDED IN 2024, THE TETHERED CORD SUPPORT ALLIANCE IS THE FIRST EVER 501(C)(3) DEVOTED SOLELY TO TETHERED CORD SYNDROME

SUBSCRIBE TO OUR NEWSLETTER TO STAY IN THE LOOP!

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