

Tethered Cord Syndrome: A Comprehensive Guide for Children and Adults

What is Tethered Cord Syndrome?

Tethered cord syndrome (TCS) is a birth defect that occurs when the spinal cord is abnormally attached to the tissues surrounding it. The spinal cord is a long, thin bundle of nerves that runs from the brain down the back. It is responsible for sending messages between the brain and the rest of the body. In TCS, the spinal cord is tethered or anchored to the surrounding tissues, which can cause a variety of symptoms.



Tethered Cord Syndrome in Children and Adults

by Mhairi McFarlane

★★★★☆ 4.8 out of 5

Language : English
File size : 4890 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 593 pages
X-Ray for textbooks : Enabled

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Symptoms of Tethered Cord Syndrome

The symptoms of TCS can vary depending on the severity of the condition. Some common symptoms include:

- Back pain

- Leg pain
- Weakness in the legs
- Numbness or tingling in the legs
- Difficulty with walking
- Incontinence of bowel or bladder
- Scoliosis
- Kyphosis

Causes of Tethered Cord Syndrome

TCS is most commonly caused by a birth defect called spina bifida. Spina bifida occurs when the spinal cord does not close all the way during pregnancy. This can leave a gap in the spinal cord, which can allow cerebrospinal fluid (CSF) to leak out. CSF is a fluid that surrounds the brain and spinal cord and provides them with nutrients and protection. When CSF leaks out, it can put pressure on the spinal cord and cause TCS.

Other causes of TCS include:

- Trauma to the spine
- Infection of the spine
- Tumor of the spine

Diagnosis of Tethered Cord Syndrome

TCS is diagnosed based on a physical examination and a review of the patient's symptoms. The doctor may also order one or more of the following

tests:

- X-rays
- MRI scan
- CT scan
- Electromyography (EMG)

Treatment of Tethered Cord Syndrome

The treatment for TCS depends on the severity of the condition. In some cases, surgery is necessary to release the tethered cord. Surgery can also be used to repair any other abnormalities of the spine that may be contributing to the symptoms of TCS.

In other cases, non-surgical treatment options may be sufficient. These options may include:

- Physical therapy
- Occupational therapy
- Bracing

Prognosis for Tethered Cord Syndrome

The prognosis for TCS varies depending on the severity of the condition. With early diagnosis and treatment, most children with TCS can live full and active lives. However, some children with TCS may have ongoing symptoms that require ongoing treatment.

Tethered cord syndrome is a birth defect that can affect the spinal cord. The symptoms of TCS can vary depending on the severity of the condition, but may include back pain, leg pain, weakness in the legs, numbness or tingling in the legs, difficulty with walking, incontinence of bowel or bladder, scoliosis, and kyphosis. TCS is most commonly caused by a birth defect called spina bifida. Treatment for TCS depends on the severity of the condition and may include surgery, physical therapy, occupational therapy, and bracing.



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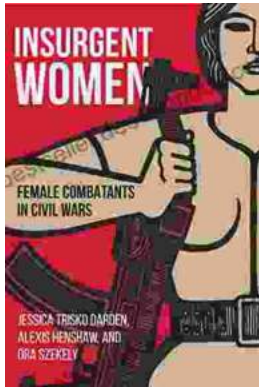
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