Physical Therapy
- Assesses gross motor development, lower extremity function and mobility
- Assesses the need for specific equipment such as orthotics (braces for the legs), wheelchairs, walkers and other mobility devices
- Recommends a treatment plan for home exercise and therapy

Physical Medicine & Rehabilitation (Physiatrist)
- Evaluates functional, developmental and neuromusculoskeletal status
- Assesses need for physical or occupational therapy, home adaptive or mobility equipment, orthotics or splints
- Evaluates and treats abnormal muscle tone if needed
- Provides recommendations for bowel management
- Develops a specific rehabilitation plan with your child and family

Psychology
- Assesses learning and behavioral problems
- Provides suggestions for management and treatment

Social Services
- Helps your child and family cope with the diagnosis through counseling and support
- Identifies community resources to facilitate treatment and care at home

Urology
- Evaluates the urinary system including bladder control and kidney function
- Provides medical and surgical treatment to improve bowel and bladder health and control

Your child may also be referred to other Mayo pediatric specialists outside the Spina Bifida Clinic.

At Mayo Clinic, we believe that the needs of our patients and their families come first. Mayo Clinic Children’s Center has approximately 200 pediatric specialty physicians, scientists and researchers. We have over 70 pediatric specialty practices and integrated clinics.

Methods for Patient Referral
A referral from your child’s primary care provider is requested. Referrals may be made by calling:

855-MAYO-KID (855-629-6543)

or via the Referring Physicians Portal at:

http://www.mayoclinic.org/medical-professionals/provider-relations/online-portal

Mayo Clinic
Children’s Center
Spina Bifida Clinic
The Mayo Clinic Children’s Center Spina Bifida Clinic in Rochester, MN coordinates care for children with complex conditions of the spine, spinal cord, brain, bowel and bladder. The Spina Bifida Clinic team assesses your child and recommends an individualized treatment plan. The collaboration of the integrated multi-specialty team ensures quality and patient-centered care for your child and family.

Examples of spinal abnormalities evaluated and treated at the Spina Bifida Clinic include:
- Spina bifida (myelomeningocele, meningocele)
- Sacral agenesis
- Lipomeningocele
- Diastematomyelia
- Sacral dermal sinus
- Congenital vertebral abnormalities causing spinal cord problems

### Your Visit

Your first visit with the Spina Bifida Clinic team usually begins on a Monday. Most children need care from more than one specialist so you and your child will likely see many providers over the course of this first visit. Your visit, which usually includes a series of procedures and tests, may last several hours, all day, or even several days. This is to allow time for your child’s team to make a thorough assessment and recommend an individualized treatment plan. This plan may include surgery, medication, therapy, special equipment and follow-up appointments with specialists.

Depending on your child’s needs, you may be asked to return for visits every few months to once every couple of years. Your child will be followed through his or her teen years and then transitioned to an adult care team.

### The Spina Bifida Team

#### You and Your Child
- Your child and family are the most important members of your child’s health care team.

#### Patient Appointment Coordinator
- Schedules appointments for your child and family

#### Nurse Care Coordinator
- Collects previous medical history and assists with pre-visit planning
- Provides education to you and your family
- Assists you and your family in understanding, coordinating and implementing the treatment plan
- Coordinates care and answers your questions

#### Neurology
- Evaluates your child’s brain, spinal cord and nerves
- Orders and interprets tests for diagnosis of neurological disorders
- Monitors function of ventriculoperitoneal shunt, if present

#### Neurosurgery
- Evaluates your child’s brain, spinal cord and nerves
- Orders and interprets tests for diagnosis of neurological disorders
- Performs surgery as needed for the brain and spine such as initial myelomeningocele closure, shunt placement, spinal cord untethering, Chiari decompression and others

#### Nutrition and Dietetics
- Assesses nutritional needs
- Recommends an individualized nutrition plan

#### Orthopedic Surgery
- Evaluates the muscles and bones
- Orders and interprets X-rays and other diagnostic tests
- Uses the Mayo Clinic Motion Analysis Laboratory as needed to determine the need for bone or tendon surgery
- Recommends and performs surgery on bones, muscles and tendons

#### Occupational Therapy
- Assesses fine motor development, upper extremity function and self-care skills
- Evaluates oral feeding through assessment, discussion and/or a video swallow test
- Assesses the need for specific equipment, splints and adaptive devices (such as bath or feeding chairs)
- Recommends a treatment plan for home exercise and therapy