Could Multifocal Motor Neuropathy (MMN) be the correct diagnosis for you?

MMN is a rare disease that causes muscle weakness and can worsen over time. While this checklist isn't intended as a diagnosis tool, it can help you have meaningful conversations with your doctor. Once diagnosed, there are steps you can take together to help manage MMN.

Check your symptoms:

Review the symptoms listed below and check the appropriate boxes. Keep this checklist on hand to discuss with your medical team.

Weakness in my hands or feet, leading to a loss of muscle mass	◯ Yes	◯ No
Muscle cramping, spasms, and/or twitching	◯ Yes	◯ No
My symptoms are worse on one side of my body (this is called "asymmetrical")	◯ Yes	◯ No
My symptoms involve numbness, tingling or pain	◯ Yes	◯ No
My symptoms affect my ability to perform everyday tasks.	◯ Yes	◯ No

I have difficulty with:

Using zippers and buttons	◯ Yes	◯ No
Putting on my shoes	◯ Yes	◯ No
Tying a bow	◯ Yes	◯ No
Washing or brushing my hair	◯ Yes	◯ No
Gripping utensils to eat	◯ Yes	◯ No
Lifting my foot	◯ Yes	◯ No

Affected Areas

Thumb

Wrist

Finger

Hand

Other

Lower leg

Foot
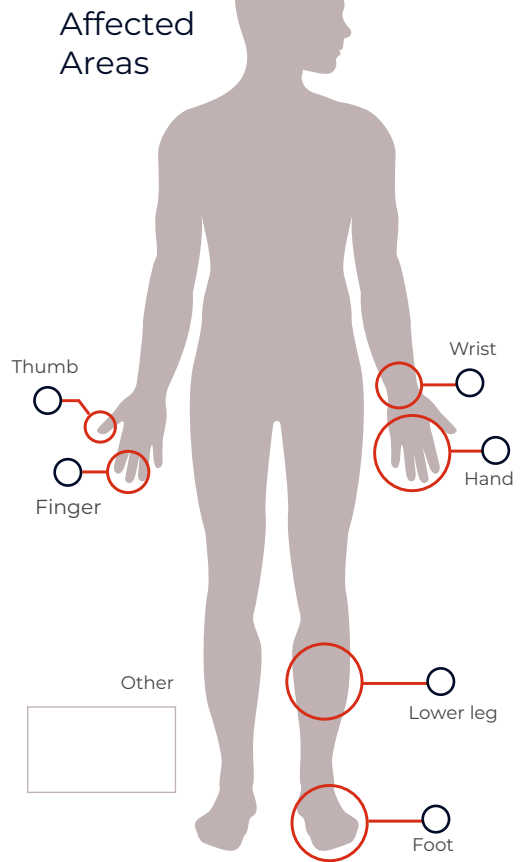
Be sure to talk with your healthcare provider if you recognize any of these signs or symptoms.

Notes: _____

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