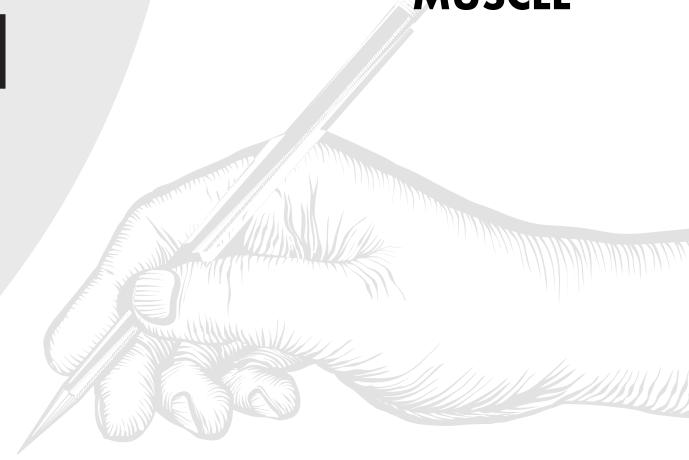


A STRONGER CONVERSATION ABOUT SMA

Make the most of your next appointment

LIFE
TAKES
MUSCLE



This guide will help you reflect on how you're doing between appointments and prepare for discussions with your treatment team. Rate your daily activities and fill in the blanks about your independence goals (you can type in this document or record your responses). Then read through the suggested questions, which you can use in conversations with your doctor about strength and SMA. Feel free to share this information with a caregiver or loved one—they may have additional goals or questions to add. You can complete this guide regularly and keep your responses to monitor your progress over time. **Remember, sharing your treatment goals and progress is an important step in your SMA care.**

MUSCLE AND MOVEMENT

YOUR DAILY ACTIVITIES

How would you rate your strength during daily activities, from avoiding to feeling stronger?

AVOIDING WEAKER SAME STRONGER

- Using silverware to eat
- Chewing and swallowing food
- Lifting a glass or cup to drink
- Using the bathroom
- Bathing or showering
- Brushing your teeth or hair
- Dressing yourself
- Transferring to/from your wheelchair (if you use one)
- Using your phone, keyboard, or tablet
- Using the joystick on your wheelchair (if you use one)
- Turning in bed
- Other _____

QUESTIONS FOR YOUR TREATMENT TEAM

How are we evaluating muscle in my care plan?

What can we do to help preserve and strengthen the muscle I have now?

Is progressive muscle wasting something we should address more directly?

INDEPENDENCE GOALS

YOUR THOUGHTS ABOUT STRENGTH

I want to maintain...

TYPE OR WRITE YOUR ANSWERS BELOW

I want to gain...

More strength would help me...

QUESTIONS FOR YOUR TREATMENT TEAM

What's a realistic short-term goal I could work on in physical therapy?

What's a longer-term goal we can work toward over the next 6-12 months?

What types of support would help me reach these goals?

ON THE HORIZON

QUESTIONS FOR YOUR TREATMENT TEAM

What do you think about research looking into myostatin, the body's natural "brake" on muscle growth?

Can we talk about how muscle-focused approaches might complement my care?

Are there clinical studies or research relating to muscle that I should know about?

TYPE OR WRITE YOUR QUESTION BELOW