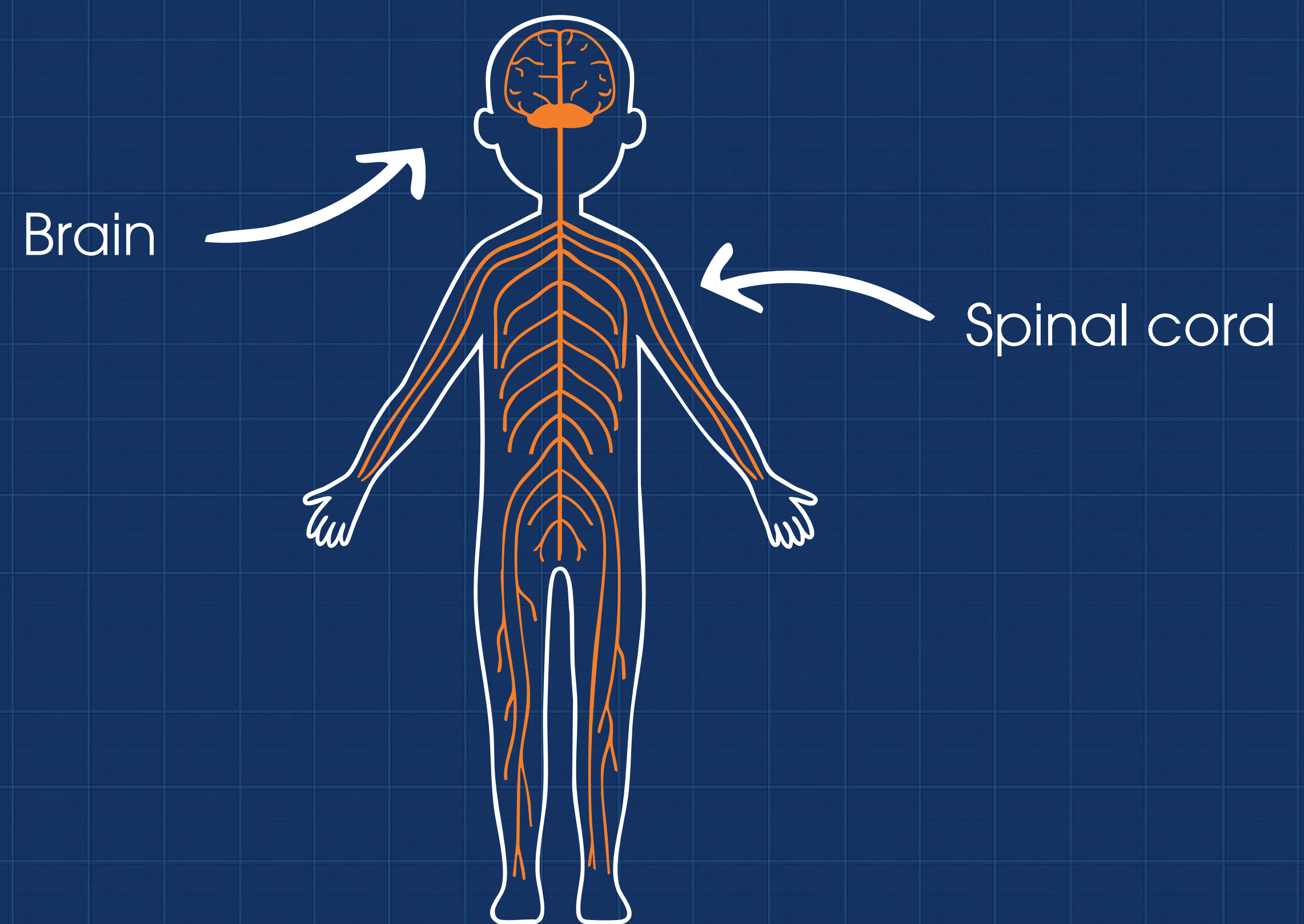


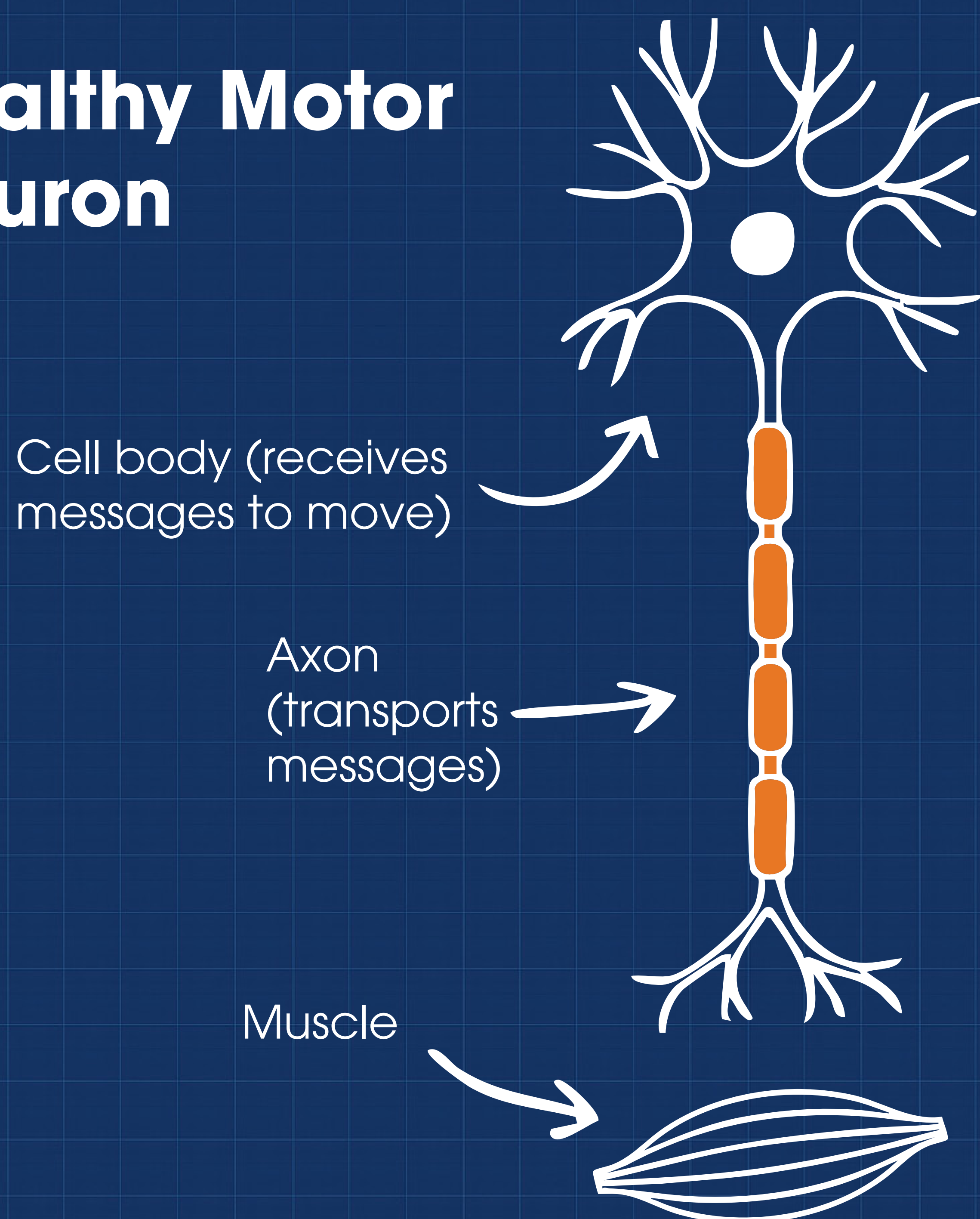
WHAT IS MND?

Motor neurons are a type of **nerve cell** found in the brain and spinal cord. They **pass messages** from the brain to muscles to tell them to move.

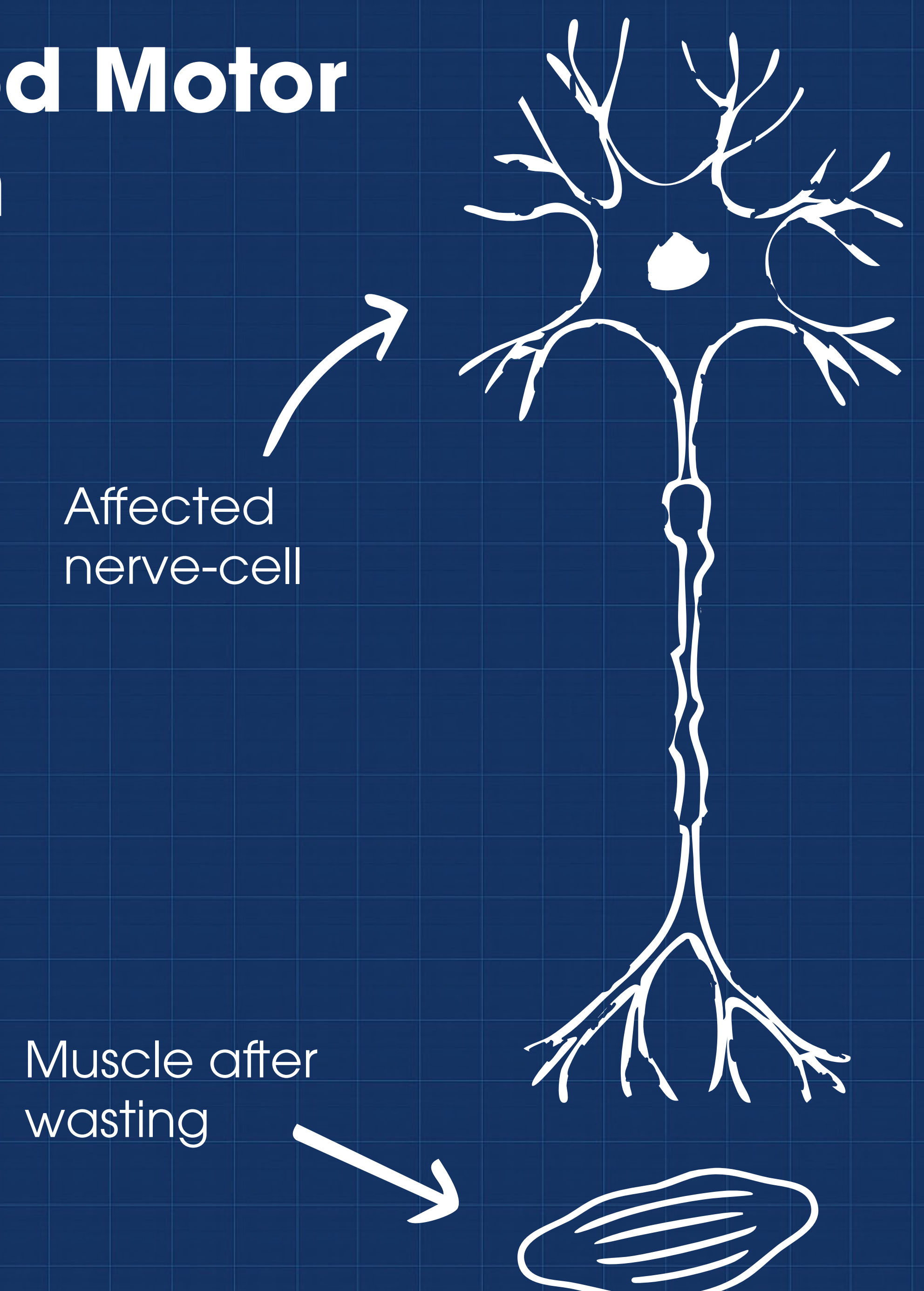


In **Motor neurone disease (MND)**, the motor neurons **break down** and cannot send signals from the brain to the muscles. This causes **muscle wasting**.

Healthy Motor Neuron



Affected Motor Neuron



“ How well do your muscles work?
Test your grip strength to see how MND makes it harder for muscles to work over time.