



Motor Cortex Stimulation for Deafferentation Pain

Ahmed E. Hussein¹ · Darian R. Esfahani¹ · Galina I. Moisa² · Jamil A. Rzaev² · Konstantin V. Slavin¹

Published online: 23 May 2018

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Abstract

Purpose of Review Since the early 1990s, motor cortex stimulation (MCS) has been a unique treatment modality for patients with drug-resistant deafferentation pain. While underpowered studies and case reports have limited definitive, data-driven analysis of MCS in the past, recent research has brought new clarity to the MCS literature and has helped identify appropriate indications for MCS and its long-term efficacy.

Recent Findings In this review, new research in MCS, repetitive transcranial magnetic stimulation (rTMS), and transcranial direct current stimulation (tDCS) are analyzed and compared with historical landmark papers. Currently, MCS is effective in providing relief to 40–64% of patients, with decreasing analgesic effect over time addressed by altering stimulation settings. rTMS and tDCS, two historic, non-invasive stimulation techniques, are providing new alternatives for the treatment of deafferentation pain, with rTMS finding utility in identifying MCS responders. Future advances in electrode arrays, neuro-navigation, and high-definition tDCS hold promise in providing pain relief to growing numbers of patients.

Summary Deafferentation pain is severe, disabling, and remains a challenge for patients and providers alike. Over the last several years, the MCS literature has been revitalized with studies and meta-analyses demonstrating MCS effectiveness and providing guidance in identifying responders. At the same time, rTMS and tDCS, two time-honored non-invasive stimulation techniques, are finding new utility in managing deafferentation pain and identifying good MCS candidates. As the number of potential therapies grow, the clinician's role is shifting to personalizing treatment to the unique pain of each patient. With new treatment modalities, this form of personalized medicine is more possible than ever before.

Keywords Motor cortex stimulation · Neuromodulation · Neuropathic pain · Repetitive transcranial magnetic stimulation · Transcranial direct current stimulation · Trigeminal neuralgia

Deafferentation pain is a severe chronic pain secondary to an injury of the neural pathways and is characterized by a stabbing, burning sensation that ultimately negatively affects all aspects of personal life. Deafferentation pain can arise from a number of sources, ranging from central origin, such as an ischemic infarct, to a peripheral source, including trigeminal nerve injury, herpetic infection, or limb amputation [1]. Patients with deafferentation pain typically present with varying degree of sensory loss, as well

as disturbance in pain and temperature sensation. In addition to sensory loss, many patients also experience abnormal sensory phenomena such as dysesthesias, hyperalgesia, and allodynia [2].

Recent literature has helped elucidate the mechanisms of deafferentation pain, allowing for more focused therapies. Deafferentation pain typically presents in a delayed fashion after neurologic injury and is associated with “maladaptive plasticity” that manifests as cortical and subcortical changes secondary to abnormal nociceptive input [1] and may be reversed with adequate pain treatment [3].

Motor cortex stimulation (MCS) is a unique neuromodulation intervention that has been used for patients with refractory pain and found to be effective for many sources of deafferentation pain. Over the last several years, MCS has been featured prominently in the pain literature, with studies illustrating various surgical techniques, exploring neuroanatomic mechanisms, and demonstrating the efficacy of the technique. In this review, we explore and evaluate some of these recent studies.

This article is part of the Topical Collection on *Neuromodulation*

✉ Konstantin V. Slavin
kslavin@uic.edu

¹ Department of Neurosurgery, University of Illinois at Chicago, 912 South Wood Street, 451-N NPI, (MC 799), Chicago, IL 60612, USA

² Federal Neurosurgical Center of Novosibirsk, Novosibirsk, Russian Federation

The Mechanism of Pain

Pain from noxious stimuli serves as an invaluable protective mechanism. To adapt to particularly intense pain stimuli, the nervous system is capable of sensitization, in which the nociceptive system lowers its threshold and increases the amplitude of the pain reflex to avoid further exposure to potentially dangerous stimuli. While usually adaptive, in certain conditions, pain can arise spontaneously by harmless stimuli (allodynia), elicit an exaggerated response (hyperalgesia), or spread away from the original site of injury (secondary hyperalgesia).

In deafferentation syndromes, persistent activity of the nociceptive pathways can result in dysfunctional, maladaptive plasticity. While plasticity is usually considered a positive, adaptive change of the brain, in maladaptive plasticity, rearrangement of pain structures, or central sensitization, results in significant allodynia and hyperalgesia [4]. Maladaptive plasticity can manifest as increased spontaneous activity of neurons, decreased threshold for activation from peripheral stimuli, and enlarged receptive fields [4, 5].

Motor Cortex Stimulation

First proposed by Tsubokawa and colleagues in 1991 [6], MCS was found to be effective in providing relief in patients with pain refractory to medical therapy. Since its discovery, MCS has been found to be effective for a number of pain syndromes, including post-stroke pain [7], post-herpetic neuralgia [8, 9], nerve injury [8, 9], and phantom limb syndrome [10], and other refractory to other methods conditions.

Stimulation of the motor cortex can be achieved through invasive techniques, such as implanted epidural or subdural electrodes, or non-invasive means, such as transcranial magnetic stimulation and transcranial direct current stimulation [11]. While non-invasive techniques carry fewer risks, implantation of epidural or subdural electrodes has been shown to achieve better outcomes [11].

Neuroanatomic Mechanisms of MCS

Although the ability of MCS to provide significant relief to many patients with intractable pain is well established, the mechanism underlying its efficacy remains largely unknown. Indeed, one of the great mysteries of functional neurosurgery is the seemingly disparate relationship between activation of a motor region, the precentral gyrus, and improvement of pain, the non-motor phenomenon. Most contemporary hypotheses are based on functional imaging studies.

To support the proposal of the initial research that analgesia from MCS was through modulation of thalamocortical pathways [6], more recent studies have confirmed that integrity of the thalamocortical tracts is essential in facilitating analgesia

from stimulation of the primary motor cortex, either through direct electrical stimulation (i.e., MCS) or by repetitive transcranial magnetic stimulation (rTMS) [12, 13]. Electrical stimulation of the motor cortex has been demonstrated to reinforce thalamocortical inhibitory control over nociceptive signals in both animals [14, 15] and humans [16, 17].

The anti-nociceptive effect of MCS can be delayed, however, taking a few days to weeks [18], suggesting that pain relief may be mediated through pain network modulation involving several other structures, rather than providing a simple, inhibitory signal from the primary motor cortex. Other structures implicated include the periaqueductal grey [19–21], as well as the anterior cingulate gyrus [22], contralateral thalamus [23], somatosensory cortex, and prefrontal cortex [24], each of which demonstrate increased cerebral blood flow during MCS. The activation of these areas, associated with the subjective interpretation of pain, suggest that MCS may function as a “top-down” inhibitory signal providing long-lasting clinical effects that persist beyond the stimulation period.

Relief of facial pain has been associated with not only the contralateral but also the ipsilateral trigeminothalamic pathway, with transmission of information between dorsal parts of the principal sensory nucleus and cerebral cortex [25]. In studies of oral pain, fMRI studies have noted bilateral activation of the primary and secondary somatosensory cortex, mediodorsal thalamus, insular cortices, anterior cingulate cortex, and primary motor cortex after painful stimulation [26, 27].

Building on recent functional imaging studies, the role of the insular cortex has been subject to new investigation. In a recent paper by Jung et al., neuropathic pain was induced in rat models, and lesions were performed in the rostral anterior insular cortex (RAIC). Pain tolerance was noted to be significantly higher in the RAIC lesion group, and, when MCS was added, pain tolerance increased even further versus the unlesioned group with MCS alone. These results suggest that RAIC has an independent effect on pain modulation and is influenced by MCS [28].

The effect of MCS has been further connected to the opioid-related mechanisms. First described by Maarrawi et al., MCS was found to enhance the release of endogenous opioids in various brain areas [21]. Studies using naloxone, an opioid antagonist, revealed that naloxone administration reduced the analgesic effect of high-frequency primary motor cortex rTMS in healthy volunteers and also decreased rTMS activation of the dorsolateral prefrontal cortex (DLPFC), a structure implicated in top-down pain inhibition [29].

Surgical Technique

Conventional MCS involves a frontal craniotomy (less often, a burrhole) for placement of an electrode grid or paddle over the precentral gyrus either epidurally or subdurally. For facial pain treatment, the electrodes are placed in the region corresponding to the facial area, which is traditionally identified

through intraoperative cortical mapping [30]. Preoperative anatomic (standard) or functional MRI studies paired with image guidance may be added to improve localization [8, 31]. Electrodes are then connected to a pulse generator, typically placed in the infraclavicular area, either immediately or after a trial period of stimulation (Figs. 1 and 2).

Despite the seemingly straightforward nature of MCS surgery, there is no standard approach to the procedure, and debate remains open over various aspects of the technique. The benefit of a stimulation trial or immediate pulse generator placement remains unclear [32]. According to some authors, proper trial planning of MCS in patients with chronic post-stroke pain is necessary to account for altered neuronal excitability which may influence outcomes [33]. Conversely, other studies have illustrated no difference in outcome based on either baseline patient characteristics (stroke location, stroke type) or specific location of electrode placement [32].

Debate persists between epidural and subdural electrode placement, with no standard electrode placement technique [34, 35]. While some authors have advocated for epidural placement to avoid the risks of subdural effusion and subdural electrode shift [32], others have noted the greater precision of subdural electrode placement.

With all this, surgical techniques in MCS carry several limitations. Localization of the motor cortex can be challenging, and incorrect electrode positioning may negatively impact

analgesic efficacy, emphasizing the importance of properly localizing the corresponding body area and securing accurate electrode position [36, 37]. Optimal stimulation settings and programming can be challenging as well, with analgesic effects sometimes not reached until stimulation settings are appropriately modified.

MCS Efficacy

MCS provides moderate analgesia for refractory pain patients, with variability in response from one patient to another. There is a difference in opinions on what constitutes a “good” response; most authors accept “good” as 30 to 50% improvement in pain intensity [38]. Over the last 25 years, multiple studies have been conducted and several meta-analyses were put together [38–40] to define the efficacy of MCS.

In a recent meta-analysis summarizing experience with different pain causes, MCS has been found to be effective in providing 40% or better relief in 55% of a population of 210 patients, with 45% maintaining pain relief at 1 year [38]. A second meta-analysis reported slightly better outcomes, with a 64% response rate to MCS in a population of 327 patients [39].

Initial pain relief effectiveness in the first month of MCS has been described to be an important predictor of long-term analgesia [41], although MCS efficacy has been reported to

Fig. 1 **a** Intraoperative image-guidance system allows the surgeon to co-register anatomical and physiological data based on structural and functional magnetic resonance imaging. **b** The intraoperative photograph of the surgical field with an outline of planned craniotomy incision and location of the MCS electrode. **c** Intraoperative mapping involves recording using epidural grid to determine the location of the central sulcus. **d** The MCS electrode may be secured to the dura with sutures to minimize the risk of migration

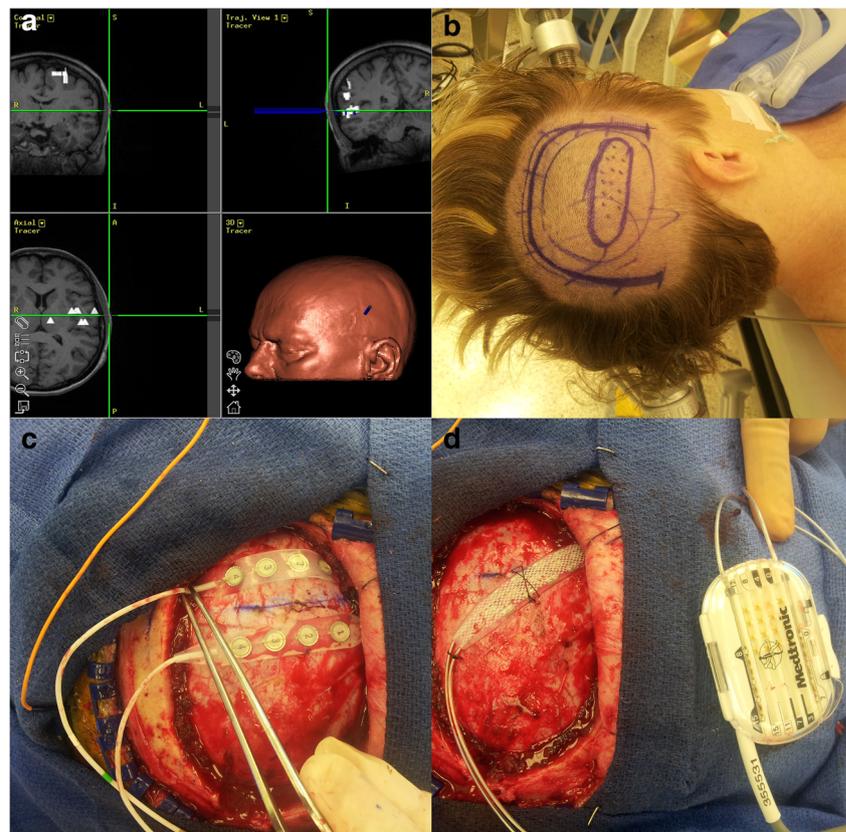




Fig. 2 Scout view of post-operative CT scan indicating position of 16-contact MCS electrode in a patient with deafferentation facial pain

decrease over time. While 80% of the patients who responded initially to the MCS continue to experience the analgesic effect for more than 1 year [42, 43], the proportion of patients who respond gradually decreases afterwards.

Decreased MCS analgesic effect may be caused by battery depletion, migration of the electrode, or change in dura mater reactivity. In a case by Velasco et al., a patient with decreasing MCS efficacy was found to have prominent epidural fibrosis with a significant increase in electrode impedance [35]. Loss of efficacy over time may also be attributable to development of electrophysiologic “tolerance” to MCS at a particular set of stimulation parameters [42], which may be improved by altering stimulation settings until analgesia is restored [8, 44, 45].

Identifying good candidates for MCS remains a challenge. Clinical response to high-frequency rTMS has been found to correlate with favorable responses to MCS [46–49], with poorer rTMS responses correlating with unfavorable long-term MCS outcomes [6]. To date, pain location, duration, sensory discrimination, and motor strength have not been found to be predictive of MCS success [41, 49].

Repetitive Transcranial Magnetic Stimulation

Repetitive transcranial magnetic stimulation (rTMS) and transcranial direct current stimulation (tDCS) are two established non-invasive stimulation techniques now subject to new investigation for their utility in managing chronic pain. Potentially similar mechanisms between rTMS, tDCS, and MCS have also been subject to recent research.

rTMS for pain functions by administering a high-frequency transient magnetic field over the primary motor cortex, above

the scalp, inducing an electrical current within the cortex in the perpendicular direction. tDCS, conversely, uses constant, low-intensity direct currents by means of electrodes on the scalp, increasing neuronal activity in the underlying region [50].

Clinical application of rTMS to provide analgesia in patients has been dependent on the stimulation frequency, with repetitive excitatory high-frequency (5–20 Hz) rTMS over the primary motor cortex producing good outcomes [51, 52•] while low-frequency rTMS has resulted in only limited analgesia [47, 53]. While a short-term analgesic effect can be achieved by a single session of rTMS, daily sessions of rTMS for 1–2 weeks are required for analgesia to have a lasting effect [42], and to control pain for months, a maintenance protocol is needed [54•].

The duration of each rTMS session for pain has been subject of research, with most sessions lasting about 20 min with an average of 2000 pulses. In a recent study, 73% of patients under this stimulation protocol reported decreased pain levels (defined as a pain score decrease of $\geq 30\%$), although this dropped to 40% at 6 months [54•]. In a separate arm of the study, analgesia decreased significantly when the session duration was shortened to 10 min, even when the total number of pulses was kept constant [54•].

The optimal frequency of rTMS sessions is also subject of debate. In a recent study by Pommier et al., 40 patients underwent rTMS for central, neuropathic pain. Of the 31 patients that responded to rTMS, a mean number of 13 sessions was performed, with an average of 29 days between sessions. For responders, this protocol was sustainable, with patients averaging a mean pain relief of 41% for a duration of 16 days and 90% continuing to respond at 1 year [55••].

rTMS may help identify responders to MCS. In a recent study of post-stroke pain patients by Zhang et al., a significant association was observed between responders to rTMS and patients who benefited from MCS, with a positive predictive value of 0.86 [32•]. Type of stroke, stroke location, or electrode placement above or below the dura did not affect the pain relief. These results, reinforced by earlier research [47, 49], support rTMS as a potentially useful screening tool to identify patients who may benefit from MCS.

Transcranial Direct Cortical Stimulation

Transcranial direct cortical stimulation (tDCS), although initially investigated as early as 200 years ago [56], is a relatively new, non-invasive technique for treatment of chronic pain. Even though it is potentially less expensive and easier to use than rTMS, tDCS has been much less studied, and its benefits remain unproven [49]. tDCS functions by increasing cortical excitability using direct, weak, continuous electric current, in contrast to rTMS which provides repetitive impulses at higher intensities [56].

In most studies for chronic pain, tDCS involves stimulation at an intensity of 2 mA with an electrode size of 35cm² for 10–20 min [57]. Up to 20 sessions are performed, with the primary motor cortex or dorsolateral prefrontal cortex being the most common targets [57]. Initial studies of anodal tDCS over the primary motor cortex found tDCS to be effective in reducing pain perception in patients with spinal cord injury [58] and fibromyalgia [59] when compared with a sham stimulation. Maximal relief reached 1 week after stimulation and present for 3 weeks after the treatment.

More recent studies investigated the effectiveness of tDCS for pain from lumbar radiculopathy [60], temporomandibular pain [61], trigeminal neuralgia [62], and multiple sclerosis [63], and other chronic pain conditions. Based on existing literature to date, however, current recommendations support tDCS for fibromyalgia, depression, and addiction only (Level B evidence), although further research is underway for this emerging technique [57].

The analgesic effect of tDCS remains unproven. A recent paper comparing tDCS and rTMS in a randomized, double-blind, sham-controlled, crossover trial revealed rTMS to be superior to tDCS in controlling pain intensity from neuropathic radicular pain, with tDCS not superior to sham. Analgesia from tDCS closely correlated with rTMS, however, which the authors attributed to a common mechanism of action [60].

Future Directions

Since initially proposed by Tsubokawa in 1991 [6], MCS for deafferentation pain has evolved considerably, with new indications, stimulation techniques, and surgical nuances expanding its use. Multiple areas are currently under investigation, however, holding a promise for more effective therapy. Closed-loop devices [64], for example, are capable of recording cortical activity, analyzing, and then stimulating appropriately, but this approach is hindered by significant recording artifacts during stimulation. Design of new, MCS-specific electrode arrays with a greater quantity of smaller, more closely spaced contacts may have a potential to improve the efficacy of stimulation [42].

Initial trials of rTMS or tDCS for patients anticipated to have short duration of symptoms, with conversion to MCS when non-invasive methods are no longer effective, are a potential therapeutic strategy [42]. Identifying patients that will have a favorable response to MCS is another opportunity: in patients with longstanding chronic pain, preoperative trials with rTMS to identify optimal MCS candidates, as discussed previously, appear increasingly more worthwhile [32, 47, 49].

Improvements in device design and integration with neuro-navigation are allowing for more effective treatment with rTMS and tDCS. rTMS paired with image-guided neuro-

navigation using functional brain imaging allows for more precise localization of stimulation targets and greater interoperator reliability between stimulation sessions [42, 65]. While initial studies have revealed better analgesia with image-guided rTMS targeting of the motor cortex [66], the value of pairing rTMS with navigation deserves further investigation.

A new tDCS method, so-called high-definition tDCS (HD-tDCS), involves a montage of four cathodes arrayed around an anode, the active electrode, which increases focal delivery of energy to specific areas of the cortex [67]. Initial studies of HD-tDCS targeting the primary motor cortex revealed a decreased sensitivity to hot and cold noxious stimuli in healthy volunteers [67], and improvement in pain of patients with chronic temporomandibular pain that persisted at 4 weeks [68].

Conclusions

Deafferentation pain is a severe, disabling condition that persists as an unyielding challenge for patients and clinicians. When refractory to pharmacotherapy, MCS provides a unique treatment option that can be effective for patients with pain from multiple causes. Over the last several years, the MCS literature has been revitalized with studies exploring the mechanism of neuropathic pain, new surgical technologies and techniques, and intriguing neuroanatomic data that hold promise as future therapeutic targets. At the same time, a growing number of studies and meta-analyses continue to demonstrate the effectiveness of MCS, with recent research providing better guidance in identifying MCS responders.

rTMS and tDCS, two established non-invasive stimulation techniques, are considered a new opportunity in the management of deafferentation pain and may become useful in treatment of certain conditions. rTMS and tDCS are becoming more attractive and accessible for patients that are less disabled or have a shorter duration of pain and may be useful in identifying good candidates for the long-term treatment with MCS implantation. As the number of potential therapies grows, the clinician's role shifts to the personalization of treatment with a unique plan for each individual pain patient. With introduction of new treatment modalities, this form of personalized medicine will gradually become a reality.

Source of Financial Support/Industry Affiliations Ahmed E. Hussein—None; Darian R. Esfahani—None; Galina I. Moissak—None; Jamil A. Rzaev—None; Konstantin V. Slavin—Consultant: Abbott, Boston Scientific, Medtronic, Neuramodix, Nevro, Nuvectra, SPR Therapeutics, Stimwave; Stockholder/Stock options: Vycor Medical, Neuramodix and Stimwave

Compliance with Ethical Standards

Conflict of Interest Ahmed E. Hussein, Darian R. Esfahani, Galina I. Moissak, Jamil A. Rzaev, and Konstantin V. Slavin declare no conflict of interest.

Human and Animal Rights and Informed Consent This article does not contain any studies with human or animal subjects performed by any of the authors.

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