

# Reorganisation of cerebral circuits in human ischemic brain disease

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**Abstract.** Animal experiments suggest that reorganisation of cerebral representations is the neurobiological basis of post-lesional recovery. In human ischemic brain disease recovery is a dynamic and sustained process beginning after stroke manifestation. The mechanisms underlying recovery can be investigated non-invasively in the human brain using functional neuroimaging and transcranial magnetic stimulation (TMS).

In the acute stage, the mismatch area of the perfusion deficit and the impaired water diffusion as assessed by magnetic resonance imaging (MRI) shows the brain tissue that potentially can be rescued by thrombolysis or emergency carotid endarterectomy. Since spontaneous motor recovery is a function of the corticospinal tract integrity, early reperfusion of ischemic tissue is critical. In the subacute and chronic stage after stroke, recovery of motor function was shown to take place irrespective of a concomitant affection of the somatosensory system. Functional MRI with simultaneous recordings of the electromyogram provides evidence that the abnormal activation of motor and premotor cortical areas in both hemispheres related to finger movements has a large interindividual variability. As evident from TMS, recovery results from regression of perilesional inhibition and from remote intracortical disinhibition. Repetitive training, constraint induced training and motor imagery can augment recovery promoting a re-emerging activation in the affected hemisphere.

Evolution of altered local perilesional and large-scale bihemispheric circuits appears to allow for post-lesional deficit compensation.

**Keywords:** Stroke, plasticity, recovery, motor system, functional neuroimaging, lesion morphometry, transcranial magnetic stimulation, perfusion weighted imaging, diffusion weighted imaging

## 1. Introduction

Middle cerebral artery (MCA) infarction is the most common manifestation of stroke and characterized by contralateral hemiplegia and neuropsychological deficits such as apraxia and aphasia [67]. Most frequently, both motor functions and somatosensation are impaired while either system may be affected prefer-

entially. The majority of patients recovers such that they become ambulatory again regaining independence in activities of every-day life [12,107]. There is increasing evidence that neurorehabilitation can support clinical recovery [112,114]. Issues of interest are what the clinical course and the neurobiological basis of recovery are. It is now widely assumed that reorganisation of functional representations in the human brain mediate postlesional recovery [27]. The underlying assumption is fostered by recent experimental work in animals which provided evidence for plastic changes in the brain in relation to input and output manipulations.

During the past two decades experimental studies in animals have demonstrated that the adult brain main-

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tains the ability to reorganise throughout life. Cortical reorganisation or plasticity as defined by Donoghue is “any enduring change in the cortical properties either morphological or functional” [55]. Since the pioneering work of Merzenich and his colleagues (for review see [132]) it is known that the overuse or disuse of limbs lead to an increase or decrease of the corresponding cortical representations, respectively. Motor cortical representations can reorganise rapidly in response to different stimuli, such as peripheral nerve lesions [56,179], ischemic nerve block [14] or motor performance [149].

The pivotal question for restorative neurology of whether such plasticity also operates after cortical damage was approached in specific ablation experiments. For example, Nudo et al. [149], observed that the cortical finger representations adjacent to partly damaged finger representations became enlarged with rehabilitation, while they remained unchanged in the untreated monkeys. In such experiments evidence was provided showing that reorganisation occurs in the adult nervous system both adjacent to a focal brain damage leading to plastic changes of the representation within the affected system. Furthermore, destruction of areas 1, 2 and 3 in the hand area of primary somatosensory cortex of the monkey (SI) has been shown to lead to an immediate unresponsiveness of the hand representation in SII, the second somatosensory cortex, a functionally related but distinct co-operative area [158]. More importantly, however, twenty-four hours later the formally unresponsive hand area in SII was occupied by a foot representation. Later it was shown that focal lesions of the cerebral cortex typically induce plastic changes remotely in cortical and subcortical locations in lesion-related systems [232]. The underlying mechanisms involve the unmasking of existing, but latent, horizontal connections (for review [177]) or modulation of synaptic efficacy such as long-term potentiation (LTP) [84,85] or long-term depression (LTD) [86]. The neurotransmitter systems involved in mediating these effects include the inhibitory GABAergic system [84, 86] as well as the excitatory glutamatergic system with activation of NMDA receptors [85].

The availability of non-invasive neuroimaging and electrophysiological techniques allow us today to study reorganisation in-vivo also in the human brain. The functional neuroimaging techniques include measurements of the regional cerebral blood flow (rCBF), regional cerebral metabolism of glucose or oxygen (rCMRGlu, rCMRO<sub>2</sub>) and of neuroreceptor and neurotransmitter systems using positron emission tomography

(PET). In more recent years diffusion weighted imaging (DWI) and perfusion imaging (PWI) using magnetic resonance imaging (MRI) have been developed. Furthermore, rCBF-measurements with PET and measurements of blood oxygen level dependent changes with functional MRI (fMRI) allow to map the cerebral structures that participate in motion, sensory perception, or in cognitive problem solving. These functional neuroimaging techniques have not only been employed for studying normal brain function but also for the study of brain plasticity related to learning (for review see [214]). More recently, PET and fMRI have even been used for studying the reorganisation of functional representations in relation to recovery from human brain diseases including cerebral ischemia [27]. This issue is not straightforward, since a fundamental problem when studying patients with focal brain lesions or psychiatric disorders, such as psychosis, is that one has to differentiate between the task-specific activation patterns and the disease-related functional changes the latter of which may obscure the task-specific activation patterns [160,161].

Transcranial magnetic stimulation (TMS) provides additional information on processes involved in cerebral reorganisation. Changes of the human corticospinal motor output system such as changes of the maps of cortical excitability related to use or injury of the brain can be studied. More recently, paired-pulse TMS has provided means to study intracortical inhibitory and excitatory activity thereby allowing to study the differential regulation of intracortical neuronal networks involved in reorganisation of the brain [22,122]. Further, by combining TMS with drugs that either block or enhance TMS evoked responses, neurotransmitter systems mediating the observed effects can be identified [19,204,239], for review Cohen et al. [42]. Also, “artificial reversible brain lesions” can be introduced with single pulse and repetitive TMS which allow to probe the specific role of a cortical area for a given behavioral task [88,96,171].

Here, we will review in which way neuroimaging techniques and TMS have enabled us to study cerebral mechanisms of recovery after lesions to the central nervous system. The thereby acquired knowledge is a prerequisite to develop neurobiologically based strategies for neurorehabilitative interventions. We will focus on brain infarction for two reasons. First, in the majority of patients, brain infarction is a well defined localised lesion to the brain with a clear temporal onset. In this sense it is comparable to experimental lesions in animals. Second, brain infarction in the territory of the

middle cerebral artery leading to hemiparesis provides a means to study the lateralised sensorimotor system which allows to differentiate perilesional from remote changes related to recovery of arm and hand function. Specifically, we will address the pathophysiology and treatment options in the acute phase of stroke, the impact of the structural stroke lesion, the role of the cerebral structures on motor recovery, the changes of excitability of the cortical motor output system, and the effect of dedicated training.

## 2. Recovery in the acute phase of stroke

In patients with a functional impairment recovery may result from restitution of tissue function after a short-lasting ischemia or from reorganisation within the remaining functional network adjacent to a small brain lesion. The pathogenetically leading mechanism, e.g. ischemia, can now be studied in humans with MRI techniques such as perfusion and diffusion weighted imaging (PI, DWI). Interruption of circulation due to cerebral artery occlusion induces immediate suppression of cerebral electrical activity causing perinfarct depolarisation with repeated episodes of metabolic stress and growth of the infarction up to 24 hours post-occlusion [82,91,116,121,135]. Clinically, a middle cerebral artery (MCA) occlusion becomes manifest by contralateral hemiplegia within 60 seconds [15]. During ischemia the thresholds for selective neuronal and tissue necrosis are a function of rCBF reduction [90]. PI is based on the dynamic recording of the passage of an intravenously administered contrast agent through the brain and thereby provides means to assess the regional cerebral perfusion including estimation of the rCBF. During stroke evolution the hypoperfused area is typically larger than the ischemic core that is irreversibly affected and evident in DWI [128, 145,170,215]. The resulting PI-DWI mismatch shows the portion of brain tissue which is potentially salvable and, therefore, may correspond to the so-called penumbra. The penumbra has been defined as an area with misery perfusion and enhanced oxygen extraction [82, 118]. Accordingly, recovery may well be the consequence of restoration of perfusion due to rapid vessel recanalisation (Fig. 1). Recanalisation of the occluded cerebral artery with partial restoration of perfusion occurs spontaneously in the majority of patients within 24 hours [72,80]. However, good leptomeningeal collaterals and early recanalisation of middle cerebral arterial occlusion, in particular during thrombolytic ther-

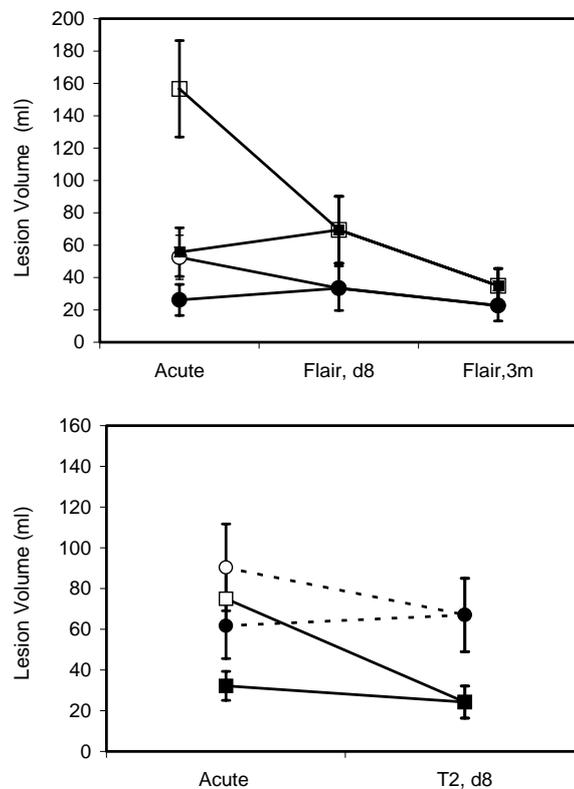


Fig. 1. Salvage of ischemic brain tissue at risk of infarction by systemic thrombolysis with rtPA (top) and emergency carotid artery surgery (bottom). The structural stroke lesions as visualized on day 8 in FLAIR or T2-images are smaller than the acute PWI-lesions before treatment but virtually identical to the acute DWI-lesions. At three months the stroke lesions had regressed in volume. Squares: treated patients, dots: non-treated control patients; in acute stage open symbols: PWI-lesions; filled symbols: DWI-lesions.

apy, critically increase the chances of functional restitution with favourable clinical outcome [165,216,217]. The beneficial role of early recanalisation was shown by functional imaging [81,103] and monitoring with transcranial Doppler sonography [2,3].

Thus, recovery of function in brain infarction is critically determined by the spatial extent, duration, and severity of focal ischemia [104]. While hemiplegia and depression of rCBF produced by temporary carotid artery balloon occlusion have been shown to normalise completely with 15 minutes [15], hyperglycemia adds to brain damage even in early reperfusion after thrombolysis [59,152].

## 3. Evolution of the chronic stroke lesion

The pathophysiologically most important factor for post-stroke recovery is the affection of the impaired

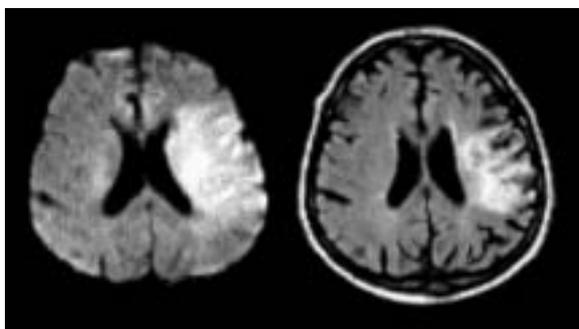


Fig. 2. Regression of the chronic stroke lesions as visualized in a FLAIR-image four months after stroke (right) as compared with the acute DWI lesion (left).

functional system. Therefore, due to the toporegional organisation of the brain lesion assessment is critical. In human stroke the area with severely compromised perfusion undergoes necrosis. This necrotic core is visualised with DWI in the acute phase and after couple of days with structural MRI or CT (Fig. 2). Assessing the actual size of the ischemic infarction is important because the volume of the lesion is one factor determining the degree of recovery. In addition, the lesion location within the affected hemisphere but also lesion location in the right versus left hemisphere are important determinants for post-stroke recovery [11,12,33, 53,153,208]. This point is well illustrated by the famous case of Foerster [65]. The patient underwent ablation of motor cortex for intractable focal epilepsy and later, at autopsy, showed complete unilateral pyramidal tract degeneration. He had regained the capacity to lift his arm straight over his head and to hold a pen. However, his fractionated finger movements remained severely handicapped. Further evidence for the important role of the pyramidal tract for motor recovery was obtained from morphometric measurements and from MR diffusion tensor imaging [11,70,224,231].

As described above, however, the PI-abnormality in acute stroke is typically larger than the irreversibly damaged ischemic brain lesion. Thus, any possible reorganisation processes at the border of the manifest ischemic brain lesion will take place in brain tissue which was critically compromised in blood supply but remained structurally intact. The persisting depressions of cerebral metabolism or blood flow beyond the necrotic core of brain infarction within the affected perfusion area are probably the result of selective ischemic nerve cell damage in the presence of viable glia [82, 198,230]. This implies that a chronic structural brain lesion as evident in CT and MRI reflects only a portion of the total amount of brain tissue affected by ischemia

in the acute stage of brain infarction (Fig. 2). This is also apparent from recent morphometric studies on structural MRI which showed a profound atrophy of the perilesional brain tissue [168,188]. Consecutively, the neuronal loss after transient ischemia significantly exceeds the area of DWI abnormality [121].

#### 4. Post-stroke recovery investigated with functional activation studies

Functional imaging studies using rCBF-PET or fMRI in patients who had recovered from their first hemiparetic stroke involving the internal capsule and the basal ganglia consistently showed a spatially enhanced recruitment of cortical areas ipsilateral to the infarction during movement activity of the affected hand [37,131,227]. Interestingly, the task-related rCBF-increases were as high as in normal controls which probably corresponded to normal MEPs of the affected hand [225,226]. Thus, there are good reasons to believe that the motor cortex of the affected hemisphere was actively involved in task performance in these patients who had recovered from subcortical stroke.

In contrast, after recovery from hemiparetic stroke in the MCA territory with predominant involvement of the pericentral cortex, there may be a lack of activation in motor cortex and SI, although the corticospinal tract and the afferent somatosensory tract were largely functional as assessed by evoked potential and metabolic studies [53,195]. Thus, no activity changes related to finger movements of the affected hand were observed in sensorimotor cortex adjacent to the stroke lesion (Fig. 3). This was the case in the chronic phase in PET studies and in the subacute phase in fMRI studies. In contrast, fMRI showed activation areas related to sensorimotor activity just adjacent to the lesion within 24 hours after stroke onset, while they were somewhat displaced in the subacute stage at four weeks after stroke (Fig. 3). Similarly, diminished rCBF increases due to sensorimotor stimulation have been reported even after transient cortical ischemic attacks [159]. Possibly, these observations corresponded to the reported uncoupling of rCBF (no response) and rCMRGlu (persistent response) which was explained by an ischemia-induced inhibition of the neuronal nitric oxide synthetase [36].

Other functional imaging studies in patients with cortical brain infarction showed a regional reorganisation of cortical representations. For example, a systematic posterior shift of the activation was observed after re-

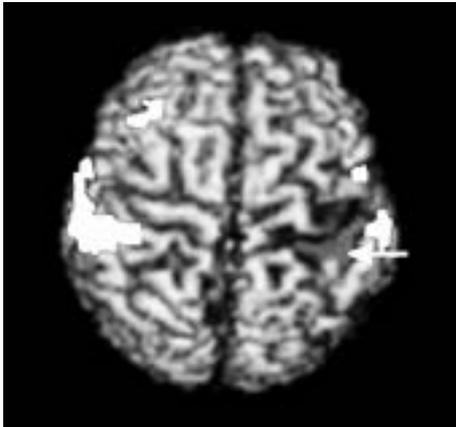


Fig. 3. Displaced haemodynamic response in related to tactile exploration movements of the affected hand in a patient with good motor recovery. Note also the contralesional activation area in the motor-premotor cortex. The arrow indicates the infarct lesion in the precentral gyrus.

covery from stroke [29,155]. Further, there was also evidence that activation related to sensorimotor activity was restricted to the somatosensory cortex after infarction of motor cortex and to the motor cortex after infarction of somatosensory cortex [45]. These findings resembled the displacement of the hand representation in brain tumours [196,237] suggesting a local reorganisation of cortical representation by the plastic capacity of the underlying perilesional neural machinery [191].

Analysis of imaging data in individual patients, however, revealed large differences of rCBF increases related to sensorimotor activity of the affected limb [89, 225,229]. These differences were probably due to individual lesion location and extent, differences in performance, and possibly due to inter-individual functional variability [44,225,229]. Group data of patients with fairly homogenous infarct types and lesions, however, showed that the dorsal premotor cortex in the affected hemisphere was more active after prolonged recovery than early after stroke [24]. This area seemed to coincide with a premotor cortical area being more active in elderly as compared to young subjects during sensorimotor activity [26].

More recently, event-related fMRI was used to investigate the time course of activation in motor cortex after right subcortical stroke [147]. The major observation was that the hemodynamic response was delayed particularly in the right motor cortex during activity of the paretic contralateral left hand. In contrast, in healthy subjects the hemodynamic response was well timed. One may, therefore, speculate that this impairment of the hemodynamics in the stroke patients was due to

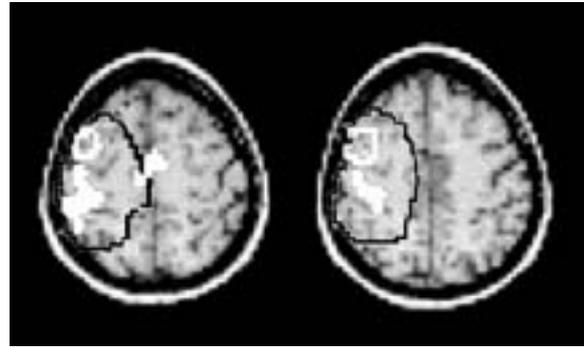


Fig. 4. Coregistration of the perfusion abnormalities, the manifest lesion and cerebral activations after recovery in a patient with right-hemispheric infarction in the middle cerebral artery territory. Shown are two adjacent axial slices at the level of the cortical hand/arm representation. The DWI-lesion is outlined in white, the large area of impaired perfusion is outlined in black. The activation areas related to finger movement of the recovered hand adjacent to the DWI-lesion and in the midline corresponding to the supplementary motor area (white).

structural changes in the supplying artery, to functional abnormalities of hemodynamic signalling of the formerly ischemic brain tissue, or to both. In fact, activation after stroke may occur next to the DWI-lesion within the formerly critically hypoperfused brain tissue which was salvaged from transition into ischemic necrosis due to thrombolysis (Fig. 4).

In addition to the abnormalities in the affected hemisphere, there is clinical evidence showing that the motor system in the contralesional hemisphere plays an important role for deficit compensation in postischemic reorganisation [64]. The first to show contralesional motor cortex activation in brain lesions acquired in adulthood were Chollet et al. [37] using PET. Later it was replicated by Cao et al. [28] using fMRI. One aspect of this contralesional activation was that those patients who exhibited significant rCBF increases in motor cortex contralateral to the cerebral infarction had associated movements of the non-affected hand [229]. This corresponded to electromyographic findings in healthy subjects in whom effort, force and activity with the non-dominant hand were accompanied by increased muscle activity in the homologue muscles contralateral to the moving hand [57,58]. Notably, the associated rCBF increases in the motor cortex of the non-affected hemisphere occurred in those patients with limited recovery [225,229]. Nevertheless, fMRI showed that the ipsilateral activation did not occur in a strictly homologue location compared with the contralateral motor cortical representation but in different locations along the contralesional motor cortex [44]. Again, there is

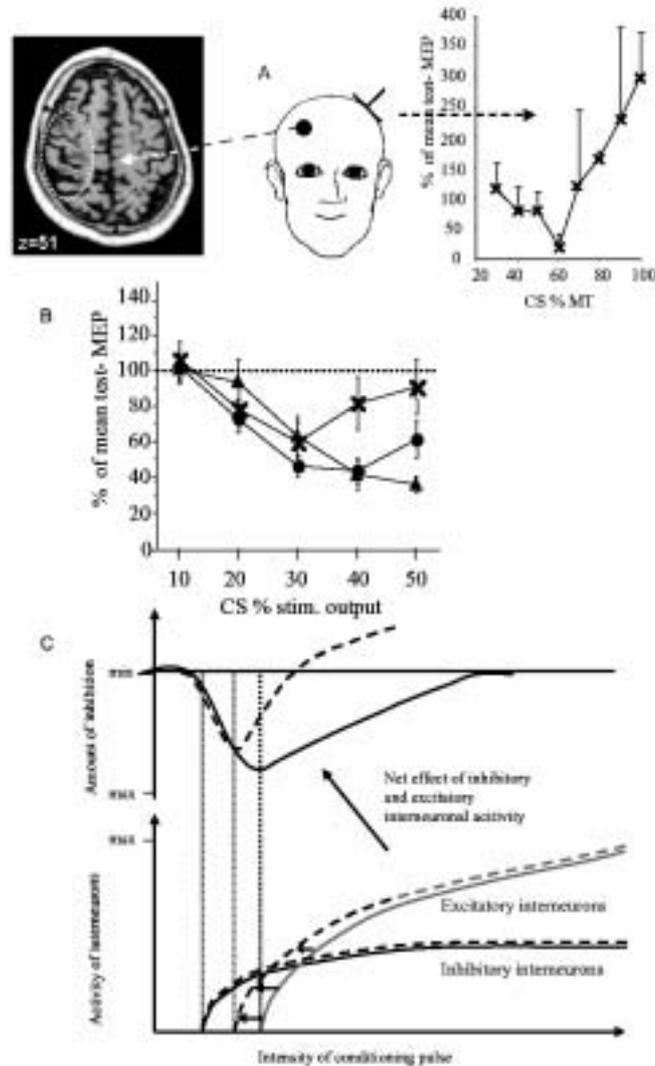


Fig. 5. Increased recruitment of ipsilateral motor areas when moving the affected hand in one patient with right hemispheric brain infarction. A. Contrast between performance of motor task with the paretic left hand and rest. In this study the patient is performing a finger sequence with the affected left hand while the right non-affected hand is relaxed. Activation of ipsilateral precentral gyrus is evident (level of the axial view is given in z-coordinate of Talairach space, p gives the threshold). Electromyographic recording of the extensor digitorum communis muscle of both hands during the motor performance (inset) confirmed that this increased recruitment was not due to co-activation of the non-affected hand. The ratio of EMG activity while performing the task and at rest was calculated. As indicated by the EMG ratio of 1 for the right hand, this hand was relaxed during the performance of the left hand. In contrast the EMG ratio of about 3 indicates that this hand was active during the task. B. The location of the infarction is illustrated in the axial slices of the schematic brain in Talairach space. The levels of the axial slices are given in z-coordinates.

considerable interindividual variability of the cortical activations. This variability may be partially accounted for by differences in task performance and associated electromyographic activity (Fig. 5).

In patients with cortical MCA infarctions there was activation in the frontomesial cortex including the supplementary motor area (SMA) as shown in Figs 4 and

5 which contrasts to patients who had recovered from striatocapsular infarction [52,225]. Activation of the SMA probably corresponded to the initiative role of the SMA in movement control [95,130]. From longitudinal studies on recovery from hemispheric stroke it became apparent that the activity of the SMA was enhanced early after stroke but declined as learning pro-

ceeded [29]. The lack of SMA activation in the striato-capsular infarctions was probably due to damage of the corticospinal projection from the SMA to the basal ganglia by the infarct. These patients appeared to activate instead the contralesional premotor cortex [225] underscoring the impact of lesion location for the activation pattern related to sensorimotor recovery.

The contralesional premotor cortex may be of critical importance for recovery from middle cerebral artery infarction [195]. First, one may argue that recovery was brought about by recruitment of ipsilateral corticospinal projections originating in the contralesional hemisphere [7,31,60,120]. Usually, this leads to initial reoccurrence of proximal movements compared to the later recovery of distal movements [43,117]. Conversely, there is an ipsilesional impairment of forearm function in the acute stage after stroke [99]. Similarly, active and passive sensorimotor tasks were reported to show a largely bilateral activation pattern as recovery progressed [26,142]. Remarkably, the more symmetric the activations in both cerebral hemispheres were, the greater was the white matter affection and the worse the clinical outcome [163,172]. Second, the premotor cortex is of particular importance for control of temporally or sequentially complex finger movements as evident in learning, motor adaptation, and post-stroke recovery [50,192,207]. While in single movement tasks the premotor cortex did not become engaged [30], inhibition of the contralesional premotor cortex was reported to impair motor performance in patients who have recovered from stroke [98]. These observations may provide an explanation for the fact that stroke patients with involvement of premotor cortex exhibited an additional motor deficit that counteracted recovery [68,134].

It is noteworthy that a combined activation of the SMA and parietal cortex was shown to be related to the exertion of force [51]. It is, therefore, reasonable to assume that parietal activation reflected reorganisation of the sensorimotor system to meet the task demands of the sensorimotor activation paradigm. Contralesional activation of the anterior parietal cortex after stroke was reported both in relation to active somatosensory object discrimination and passive arm movements [143, 195]. Kinematic evidence showed that patients with parietal cortex lesions retained abnormal finger movements when required to explore macrogeometric objects after recovery from hemiparesis [10]. It is, therefore, possible, that the rCBF increases in the contralesional parietal cortical regions during somatosensory discrimination of macrogeometric objects [195] were related to deficit compensation. Notably, they occurred

in an area that in normal subjects seems to participate in voluntarily controlled forelimb movement [9,194]. In addition, there was abnormal prefrontal cortex activation suggesting enhanced cognitive control for a task that is relatively difficult for patients as compared with healthy subjects [24,195]. Continued training with passive arm movements enhanced the bilateral activation of the cortex lining the intraparietal sulcus and premotor cortex even further [142]. Since the parietal cortex subserves sensorimotor integration being heavily interwoven with executive functions mediated in the frontal motor cortical areas [225], these data substantiated the importance of the non-affected hemisphere for post-stroke recovery of sensorimotor functions.

Furthermore, recovery from hemiplegia may be connected also with activation of other parts of the sensorimotor circuitry. Similarly to activation of the lower premotor cortical areas in recovery from aphasia [101, 106,228] there was inferior frontal cortex activation ipsilateral to the moving hand during execution of fast and sequential finger movements with the recovered hand [195,229]. Since this area was activated in healthy subjects during learning of finger movement sequences [97,187] but not after skill acquisition [197], it is a key area for establishing the motor program. Probably, this function is mediated by the property of this area to relate perception of movements such as gestures to body movement production [8,13,48,151].

More recently, the dynamics of the cerebral activation maps related to the course of motor recovery have been studied (Table 1). It was found that there are complex modulations of activity that were determined by the stroke lesion. For example, it was observed that areas showing progressively increasing or sustained activity were located in contralesional prefrontal and premotor cortex as well as the contralesional cerebellum [25,62,66,201]. Conversely, areas in the contralesional hemisphere were reported to become progressively less engaged when motor cortex was spared [62]. However, patients with poor recovery showed far less cortical and cerebellar activation [29,201]. The latter observations are of particular relevance, since they emphasise that the cerebellar route participates critically in motor recovery substantiating earlier observations [6]. Further, patients with poor recovery did not seem to endogenously activate the motor system in contrast to motor imagery in healthy subjects [8,48,115,205]. Nevertheless, the changes in the well recovering patients reflected more or less the pattern in recovery brought about by dedicated physiotherapy. The time course of cerebral activations is probably even greater than the

Table 1

Lateralization of motor cortex activation as evident from fMRI during recovery of finger movements of the affected hand

Early (day 5)	subacute (2 weeks)	chronic (after 4 weeks)
0.5 +/- 0.6	-0.6 +/- 0.5	1.0 +/- 0.1

Legend: Data shown for 8 patients with infarctions in the pre- or postcentral gyrus with initial loss of hand function followed by progressive clinical recovery. Note that there is a lateralization to the contralesional side in the subacute phase due to transient lack of motor cortex activation in spite of finger movement activity. In the chronic stage the activation is clearly lateralized to the ipsilesional side, i.e. normalized.

relatively slow changes in haemodynamics observable with functional imaging. Recently, it was shown with event-related electroencephalography after subcortical stroke that in movements of the recovered hand activate both sensorimotor cortices. However, the activation of the cortex ipsilateral to the affected hand joined in shortly after the ipsilesional cortex which was different from healthy controls [219].

Apart from recovery mediated within the original sensorimotor domain, shifts in the strategy of task performance have to be considered. These included the resumption of abnormal movement patterns [69] as well as abnormal movement guidance. For example, monkeys with focal ischemic lesions in motor cortex visually inspect their hand when retrieving objects with the affected hand [150]. In humans, it was observed that patients who had recovered from ischemic stroke differed significantly from healthy controls by the recruitment of a predominantly contralesional network, involving visual cortical areas, prefrontal cortex, thalamus, hippocampus, and cerebellum during the blind-folded performance of sequential finger movements [192]. Greater expression of this cortical-subcortical network correlated with a more severe sensorimotor deficit in the acute stage after stroke, reflecting its greater role for post-stroke recovery (Fig. 6). Thus, a visuomotor brain system appeared to compensate a sensorimotor deficit in patients who had recovered from hemiparetic stroke. This observation corresponded to animal models of focal brain lesions and to the developing human visual and auditory systems [38,41,146,176], suggesting that postlesional reorganisation involved a network usually not active in sensorimotor activity.

In addition, it was shown that the lesion-affected and the recovery-related network in stroke patients shared the same structures in the contralesional thalamus and bilateral in visual association areas [193]. Thus, these sharing structures accommodated simultaneously passive lesion effects and active recovery-related changes

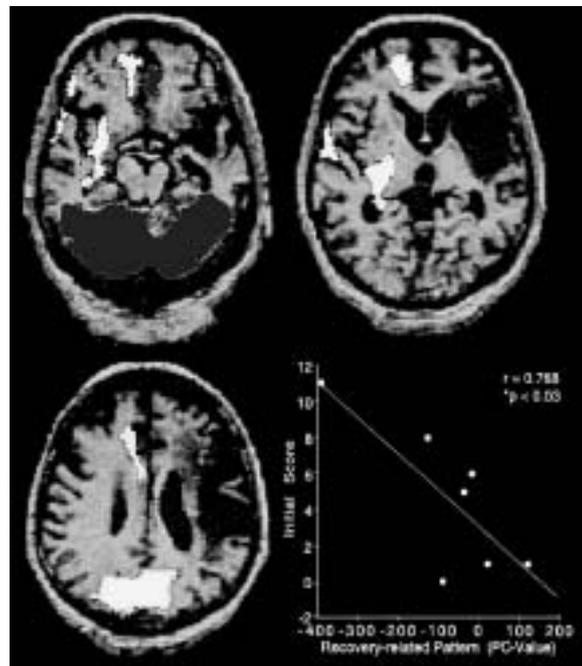


Fig. 6. Recruitment of a contralesional hemispheric network involving the thalamus and visual association cortex, and bilateral the cerebellum in patients with recovery from middle cerebral artery infarction. The greater the initial motor deficit the greater expression of this pattern. Results of a principal component analysis of PET rCBF-data [192].

in locations remote to the site of the brain infarction. This observation corresponded to the original conception of diaschisis as a restorative mechanism in functional recovery. That is, recovery was mediated by areas that had regained activity after initial inhibition by a distant brain lesion as originally suggested in the concept of diaschisis by von Monakov [222]. Thus, postlesional reorganisation was not only effective in the perilesional vicinity but appeared as a task-related rewiring of intrinsic cerebral networks [191]. Similar conclusions were proposed recently also for psychologically impaired patients [160,161]. As evidenced by activation studies in patients who had recovered from hemiplegic stroke, such unused, but functionally related pathways may take on back-up or facilitatory functions [37,225,229]. Likewise, disturbances of complex motor behaviour such as neglect and limb kinetic apraxia also tend to disappear with time [58, 78].

In summary, there is a temporally dynamic evolution of brain activation in cortical structures in the affected and the non-affected hemisphere as well as in subcortical structures related to post-lesional recovery from stroke.

## 5. Relevance of the motor output system for stroke recovery

Transcranial magnetic stimulation (TMS) is a non-invasive technique in which a focused magnetic field pulse is used to evoke an electrical discharge of cortical neurones. If the resulting discharge is of sufficient magnitude, a motor evoked potential (MEP) is measurable in the muscle where the cortical neurones project to (target muscle). The size of the MEP depends on the intensity of the magnetic stimulus, the excitability and number of cortical neurones and on the integrity of the entire cortico-spinal tract. Following injury to the brain TMS has been used to prognosticate the functional outcome, to study mechanisms of recovery and to assess the efficacy of rehabilitative strategies.

Following brain infarction, at least part of the recovery process involves resolution of the reversible pathophysiological events that follow injury to the brain i.e. edema and diaschisis (for review [232]). As one of the most important factors influencing motor recovery appears to be the integrity of the cortico-spinal motor output system. Within the first 72 hours after stroke, absent MEP has been related to poor functional recovery [11, 77, 141, 154]. This negative relation was still true when MEPs were measured one to two months after brain infarction of either cortical or subcortical location [23, 54, 129, 206, 218]. In a systematic review the predictive value of the presence of MEPs obtained within the first week after infarction was consistently high with odds ratios varying between 5.49 and 13.50 for functional recovery [83]. Upon recovery, good functional outcome was associated with an increase of the initially reduced MEP amplitudes and regression of cortico-spinal tract damage as assessed morphometrically by MRI during the first four weeks after stroke [11]. However, there are a few patients with excellent recovery of motor function despite an absent MEP or late MEP reappearance [22, 218], for review [83]. In these patients recovery of motor function may occur through increased recruitment of other neuronal networks such as the contralesional motor area (Fig. 5). Similarly, there are patients with severe motor deficits despite normal MEPs in whom increased cortical inhibitory activity may cause the motor deficit [40]. An example for this exaggerated inhibition is given for a patient with thalamocapsular infarction (Fig. 7). This increased perilesional inhibition may depress the hemodynamic response upon activation probably by an increase of relative inhibitory input into the activated region of cortex.

Cerebral reorganisation is likely to play an important role in the functional recovery that follows injury to the central nervous system and is modulated by post-injury experience [148]. When studying cerebral reorganisation in humans, changes in (a) the MEP amplitude, (b) the rise of MEP amplitude with increasing stimulus intensities (stimulus response curve) and (c) the number of cortical sites from where a MEP is elicited (cortical map) are used to measure changes in the excitability of the motor output zone. Patients with upper limb palsy due to brain infarction undergoing a neurorehabilitative training program showed an increase in the number of cortical sites from where an MEP of the paretic hand could be elicited [122, 124, 133, 218, 234]. Although the extent of a map is influenced by other factors such as excitability of the motor cortex and excitability at the level of the spinal cord, this may indicate that the cortical representation of the target muscle (muscle map) enlarged. The cortical site of these changes is supported by the finding of shifts in motor maps. Moreover, a shift of the muscle map [124, 234] or the increased number of abnormal location of some of these cortical sites [218] indicates that reorganisation of the cortical motor output-zone may have occurred in the adjacent spared cortex, involving cortical area previously not dedicated to this muscle as previously shown for monkeys [149]. Following subcortical infarction, the majority of patients showed some degree of cortical reorganisation as indicated by a shift of motor map when compared to the non-affected side [23].

## 6. Mechanisms of perilesional reorganisation

The cellular and synaptic processes underlying cerebral reorganisation have been shown in animal experiments to involve the unmasking of existing, but latent, horizontal connections (for review [177]) or modulation of synaptic efficacy such as long-term potentiation (LTP) or long-term depression (LTD) [55, 86]. Such modification of synaptic efficacy was recently demonstrated in the horizontal connections of rats that underwent a training of a skilled motor task [166]. The neurotransmitter systems involved in mediating these effects include the inhibitory GABAergic system [84, 86] as well as the excitatory glutamatergic system with activation of NMDA receptors [84].

Regulation of excitatory and inhibitory neurotransmitter-systems in the cerebral cortex may play a role also in the reorganisation process that occurs after stroke [148]. In the photothrombosis model of the rat

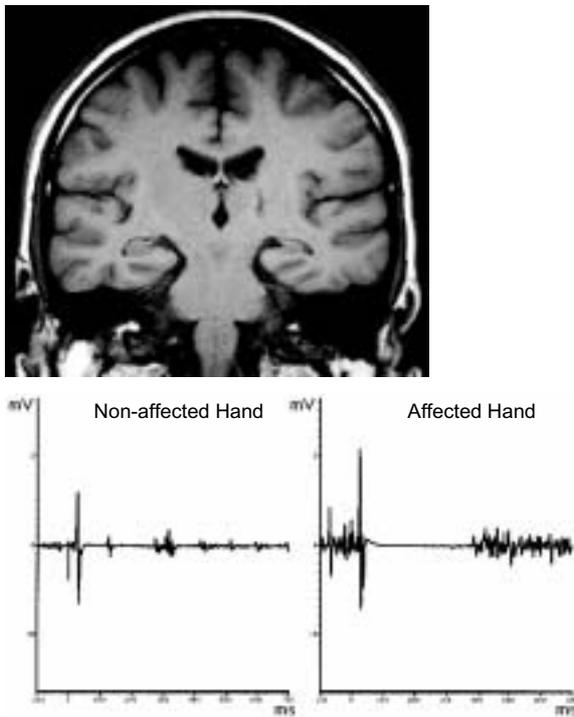


Fig. 7. Silent period in a patient with partial recovery after lacunar stroke with initial severe disabling hemiparesis. Coronal MR image showing the left thalamocapsular lesion in the 50 year old man seven months after infarction. At that time the patient suffered from a moderate spastic ataxic hemiparesis on the right with slowed individual finger movements. TMS showed normal motor evoked potentials with normal central conduction latencies on both sides. However, the silent period was prolonged on the affected right side.

small focal cortical lesions led to perilesional changes that were monitored by electrophysiological, anatomical and audioradiographic methods. Specifically, it was found that the stimulation threshold increased while simultaneously the intracortical inhibition decreased leading to distinctly altered spontaneous activity and stimulus response characteristics within the affected hemisphere [233]. In close accordance, receptor studies revealed a diversified pattern of altered GABA receptor expression which initially resembled the juvenile expression pattern [71,186]. In addition, there was an increase in glutamate receptor densities. These changes persisted over many weeks. The implication of these prolonged changes for functional restoration and the co-operation of these perilesional area with the remaining network is to be explored further.

In the intact human brain changes of the intracortical excitability of inhibitory and excitatory neuronal networks can be studied using TMS. First, the paired pulse TMS technique in which a suprathreshold test

pulse is preceded by a subthreshold conditioning pulse (CS) at different interstimulus intervals [111] and different intensities [22,184] allows to study excitatory and GABA<sub>A</sub>-inhibitory system of human motor cortex [241,242]. Second, following a single suprathreshold magnetic stimulus there is a transient silence of the electromyogram in the activated target muscle [94, 169]. This EMG silence (silent period) is mainly of cortical origin and mediated by intracortical inhibitory neuronal networks. Thus, TMS is suited to characterise perilesional and remote changes in excitability in humans. This is illustrated in Fig. 7 in a patient who recovered astonishingly well from hemiplegic stroke but had a lacunar infarct lesion in the left thalamocapsular region.

A shortened silent period, indicating decreased inhibition in the intracortical neuronal network tested with this technique, occurred after infarctions within motor cortex [102,221]. This disinhibition is likely to arise from perilesional cortex and may reflect processes involved in cerebral reorganisation. However, a prolonged silent period was found also in patients with hemiparesis due to infarction of mainly subcortical structures [40,221]. Importantly, inhibition regressed in parallel with the clinical recovery [40]. Since in these patients the infarction spared the primary motor cortex and pyramidal tract as evident from CT or MRT, the increased inhibition early after stroke probably caused the initial severe motor deficit. It may be speculated that loss of afferent projections to the motor cortex may have decreased the excitatory input to the pyramidal tract and inhibitory neurones and thereby led to an overactivity of inhibitory inter-neurones. That different neuronal populations can be affected after stroke when motor cortex is spared is apparent from the observation that decreased inhibition as measured with the silent period occurred simultaneously with increased inhibition as measured with paired pulse TMS [125]. In fact, several inhibitory networks were identified using different stimulation techniques [35,180]. However, as one can only look at the net effect of intracortical inhibitory and excitatory activity [22,164] dynamic changes of intracortical inhibition and excitability may occur during the course of recovery [21].

## 7. Mechanisms underlying remote changes

Depression in the cerebral metabolism and changes in the excitatory and inhibitory neurotransmitter systems in brain areas remote from a lesion have been re-

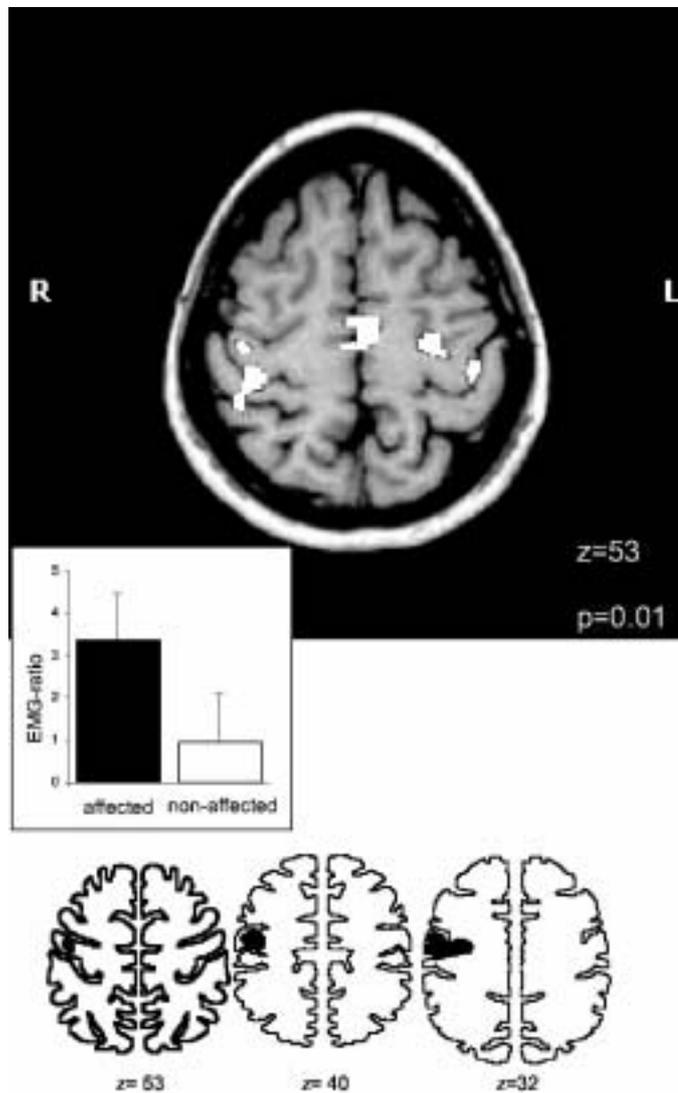


Fig. 8. A. Paired pulse excitability in a single patient with good recovery. The infarct of this patient's brain is shown in the MRI (Talarach coordinate of the axial slice is given). The schematic head gives the position of the infarct (black dot) and site of TMS (stimulating coil is indicated by the bar). Inhibition and facilitation produced by paired pulse TMS at a constant ISI of 2ms with the conditioning pulse (CS) at different intensities of the stimulator output in this patient. CS is expressed as percentage of the patients motor threshold (MT). B. Paired pulse excitability in patients with good ( $n = 13$ ) and poor ( $n = 5$ ) recovery and healthy age-matched controls ( $n = 13$ ). Inhibition and facilitation produced by paired pulse TMS at a constant ISI of 2 ms with the conditioning pulse (CS) at different intensities of the stimulator output in normal volunteers (filled dots), patients with good recovery (cross), and patients with poor recovery of hand function (triangle). Responses were recorded in the relaxed FDI muscle of the non-affected hand. The MEP amplitudes at different CS intensities were calculated as a percentage of the mean amplitude of the test pulse alone. CS intensity is expressed as percentage of stimulator output. Note the similarity of the slope on the left in patients and healthy volunteers while inhibition fades rapidly with increasing CS intensities in patients with good recovery (right) suggesting that in patients the balance of excitatory and inhibitory activity was shifted towards an increase of excitatory activity or lowered threshold for excitatory interneurons. This was not seen in patients with persistent hemiplegia. Mean and  $\pm$  SE. C Schematic excitatory and inhibitory activity: In the lower part of the diagram the intracortical excitatory (black) and inhibitory (grey) interneuronal activity of normal subjects (solid line) and patients (dotted line) is plotted against the intensity of the conditioning pulse. With increasing CS intensity both intracortical inhibitory and excitatory activity increase. In either group the inhibitory interneurons are recruited at lower CS intensities when compared to the excitatory interneurons. In patients however the threshold for the excitatory interneurons is shifted towards lower intensities as indicated by the shift of the dotted line to the left (arrows). In the upper diagram the net effect of inhibitory and excitatory activity as measured by the inhibitory effect of the CS on the conditioned MEP amplitude (amount of inhibition) is plotted against the intensity of CS. Because of the earlier recruitment of excitatory interneurons in patients, the net effect of inhibitory and excitatory activity is shifted towards less inhibition (modified after [22]).

ported in animals and humans and owing to the concept of diaschisis been implicated as mechanisms relevant for functional recovery [61,148,193]. In rats, following an ischemic lesion in the primary motor cortex, long-term changes in the inhibitory and excitatory neurotransmitter systems of the homotopic cortex of the non-affected hemisphere have been described and implicated as processes relevant for functional recovery after stroke (for review [232]). More specifically, following a lesion of the primary motor cortex, down-regulation of GABAA-receptor function has been described in the non-affected contralateral motor cortex [16,17,144,162,186]. Similarities to the mechanisms shown as relevant for reorganisation processes after experimental brain injury were identified in man using TMS.

Since intracortical inhibitory interneurons have a lower threshold for TMS when compared to the excitatory interneurons [35,184] different intensities for the conditioning pulse allow to differentiate these two processes in greater detail (Fig. 8). The similarity of the left portion of the MEPs in the stroke patients studied and healthy volunteers for low intensity of the conditioning stimulus suggests that the threshold for activation and the activity of inhibitory interneurons are similar in healthy subjects and patients. In contrast to normals however, inhibition fades rapidly with increasing CS intensities in patients suggesting that in patients, the balance of excitatory and inhibitory activity was shifted towards an increase of excitatory activity or lowered threshold for the activation of excitatory inter-neurons [22]. This was associated with good recovery while it was not seen in patients with persistent hemiplegia.

In contrast, ischemic infarction of the primary motor output system of the hand did not elicit gross changes in corticomotoneuronal excitability of the non-affected homotopic motor cortex of patients as indicated by the similarity of motor threshold, MEP magnitude, and the recruitment curves in patients and healthy volunteers [22,123,200]. This was similar for patients with poor and good recovery [22]. However, there are some patients with decreased MT of about 4% [105] indicating that there may be subgroup behaving differently.

## 8. Training strategies in neurorehabilitation

As was described in this chapter, neurological recovery after brain ischemia can occur by different processes (Fig. 9). An important aspect is spontaneous and pharmacologically facilitated reperfusion in the acute

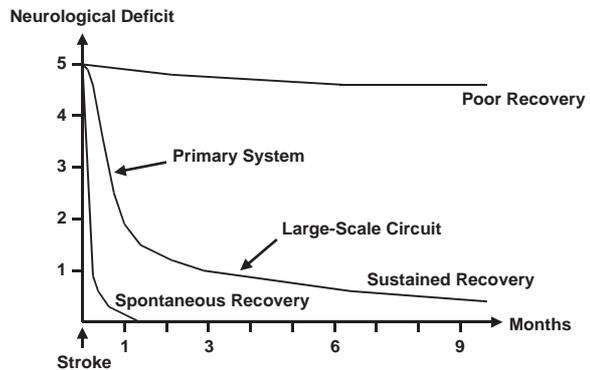


Fig. 9. Schematic graph of the recovery process after hemiparetic stroke. Fast complete motor recovery in the spontaneous group, slight further improvement after acute recovery in the sustained recovery group and lack of recovery in most severe stroke. The initial recovery is mostly due to salvage of the primary system, the second slope due to therapy-related reorganisation in neighbouring brain systems.

stage after stroke onset allowing the salvage of brain systems at risk of persistent ischemic damage. These processes can be monitored effectively by perfusion imaging (PI), diffusion weighted imaging (DWI), and magnetic resonance angiography [103,145,173,235]. The acute phase is followed by a subacute phase of approximately four weeks in which recovery of a neurological deficit is mostly due to spontaneous regression of brain edema and perilesional dysfunction, which can be monitored by fMRI and TMS [11,13,40]. With a longer temporal course of months spontaneous normalisation of abnormally enhanced neural excitability in locations remote from the infarct lesion and active reorganisation of functional representations were documented in longitudinal studies [22,24,30,62,143,200,201,218]. This sustained reorganisation is a good candidate for therapeutic enhancement by external interventions such as rehabilitation strategies (Fig. 9).

To analyse the contribution of the motor system for recovery from hemiparesis is particularly attractive, since the cerebral circuits controlling arm and hand movements are quite well understood. Further, the lateralised organisation of the motor system allows to differentiate perilesional changes in the affected cerebral hemisphere from contralesional changes in the unaffected hemisphere. Thus, recovery from hemiparesis is a good model for understanding the probably complex cerebral processes underlying recovery of function. Last but not least, to study the recovery of manual skills is of great functional implication, since the hand is the organ with which we interact with our environment and sample tactile information.

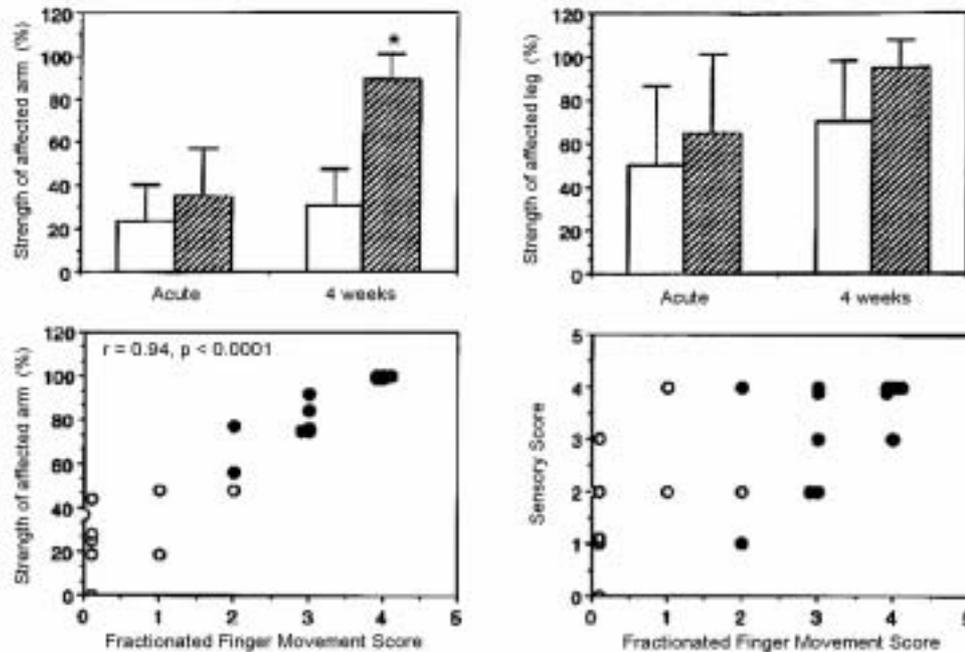


Fig. 10. Motor recovery in patients after middle cerebral artery infarction. Note the different degree of recovery of hand function in contrast to the slight, non-significant recovery of leg function in patients with poor recovery (white bar) and in patients with good recovery (shaded bar,  $p < 0.05$ ). High correlation of maximal hand grip force and ability to perform fractionated finger movements in contrast to the lack of correlation between motor and somatosensory functions; patients with good recovery (dots) and poor recovery (circle) behaved similarly. (Further details in [6]).

In fact, the close relationship between the sensory and motor system was repeatedly demonstrated. For example, in monkeys, removal of the primary sensory cortex produces a small, temporary motor deficit [4]. Conversely, a focal lesion in the motor hand representations appears to produce a sensory deficit [150]. Apart from the cortical motor output system, feedback provided by the use of a partly compromised limb may play a major role for the reshaping of the remaining circuits, because the lack of active limb movement precludes motor related feedback [174]. Evidence from combined clinical and electrophysiological studies in stroke patients support this view, since the presence of SSEPs indicated good recovery [63]. Furthermore, illusory arm movements in healthy subjects have been reported to activate beyond motor areas also the somatosensory cortex [140]. However, although passive and active movements may activate similar structures, a training consisting of passive movements thereby providing some proprioceptive feedback had no enhancing effect on the performance [127]. In fact, recovery of the motor and somatosensory representations may be independent leaving patients with persistent somatosensory deficits in the presence of good motor recovery

(Fig. 10). Moreover, in patients with a lesion of the somatosensory cortex recovery of object exploration was mediated by enlarged finger movements [10]. Since there is no overlapping somatotopy of digit representation in the somatosensory cortex [209] in contrast to the hand representation in motor cortex [178,185, 181], the exaggerated exploratory finger movements evoke a spatially enhanced input which is likely to be processed in an abnormally large portion of the sensorimotor cortex. Furthermore, after focal lesions of the primary somatosensory cortex the somatosensory representations become enlarged during skill recovery [238]. Similarly, there is evidence suggesting that patients with hemianopia can learn to perform enlarged saccadic eye movements to compensate for their visual field defect [157,243].

Studies of normal motor learning have shown that highly trained subjects perform motor task in a highly stereotypic fashion. These learnt movements build up on movement segments (for review [5]). In patients with hemiparesis due to brain infarction repetitive training of stereotyped movement segments improved the performance of the trained movement segments but also more complex motor tasks [20,87,92,

113]. Even rhythmic movement facilitation as well as robot training appeared to be beneficial for motor recovery [1,213,220]. Repetitive training of voluntary contraction of the affected muscles facilitate motor cortical activity as shown by TMS [1,75]. These data corresponded to evidence from animal experiments showing an enlargement of the motor cortical representation in monkeys that were subjected to motor training after experimental stroke in motor cortex [149]. In a detailed study of behavioral outcome and lesion location and size within the primary motor cortex of non-human primates, a correlation between size, location and mode of recovery was found. In both groups recovery was associated with an increasing percentage of highly stereotype movement pattern. However, those monkeys with larger lesions that affected cortical representation of finger movements developed compensatory movement strategies while those monkey with smaller lesions affecting wrist movements re-acquired the pre-infarct movement strategies [69]. In correspondence to observations in sport physiology [47,49], also cognitive imaginative training can improve hand function in patients after stroke similarly to repetitive training (Fig. 11). In view of these observations it is conceivable that patients recovering from stroke select an alternative strategy to compensate for their neurological deficit. Nevertheless, subtle motor and cognitive deficits may persist after stroke due to the damaged brain systems even after excellent clinical recovery [136,156,226].

Compensatory strategies seem to evolve when immediately after the injury the pre-infarct movement patterns are not rewarded. As a consequence alternative movement patterns are favoured while the pre-existing movements cease altogether [211,212]. This concept of "learned non-use" was implemented in new approaches of rehabilitative strategies in patients with brain infarction [211,236]. This concept imposed constraints on the unaffected limb by keeping it in a cast forcing the subject to use the residual functions of the affected arm for daily purposes. This so called "constrained induced" therapy has now been shown to be successful even when applied in the chronic state to severely affected patients and induces cerebral activity changes similar to those in spontaneous recovery [29, 119,124,212,234]. This beneficial effect is likely not only due to prevention of the possible detrimental effect of learned non-use but also due to the beneficial effect of increasing the amount of movements of the affected limb (thereby enhancing the chance of repetition of movements) and establishing refferent somatosensory

information from the partly compromised limb. However this concept of learned non-use seems to contradict rehabilitative strategies employing bilateral arm movements and to apply a number of motor tasks for training; although both ways proved successful to improve recovery [32,137,202]. These approaches make use of the transmodal transfer of learning or of skill generalisation which are supposed to be prominent modes for learning [190].

As revealed by functional imaging studies, in addition to primary motor cortex, there are other areas such as premotor cortex, supplementary motor cortex and cingulate cortex in which motor representations can be found (see above). These non-primary motor areas are likely to participate in recovery of function [27, 126]. The situation is different in congenital hemispheric brain lesions involving the pre- and postcentral gyrus. In these patients motor function in the contralateral hand may be remarkable and even allows for independent finger movements probably by unmasking of ipsilateral corticospinal motor projections that are usually difficult to excite in healthy people [7,31,60, 139,175,203,240]. It should be stressed, however, that in these patients injury to the brain occurred also very early in life and processes mediating the cortical reorganisation for recovery of motor functions occurred very early in life. Considering the limited post-lesional changes seen in adult rats [108] and adult humans after focal injury to the brain (see above), it appears likely that the capacity for cerebral reorganisation of the focally damaged adult brain may be less extensive. Nevertheless, also elderly patients gain profoundly from stroke treatment [107,110].

Mechanisms operating in experience dependent cerebral reorganisation may enhance rehabilitation efforts. To study them, TMS may be combined with drugs that influence synaptic plasticity [18,19,182, 183]. Specifically, a short training period consisting of simple voluntary repetitive thumb movements in a specific direction, elicits reorganisation of the cortical representation of the thumb that encodes the kinematic details of the practiced movements as measured with TMS. This form of use-dependent plasticity was substantially reduced by dextromethorphan, an NMDA receptor blocker and lorazepam, a GABAA-receptor-positive allosteric modulator. These results identified NMDA receptor activation and GABAergic inhibition as mechanism operating in this form of plasticity [19].

Another recent approach is derived from animal experiments where the activity of GABAergic inhibition was important in controlling the extent of reorgani-

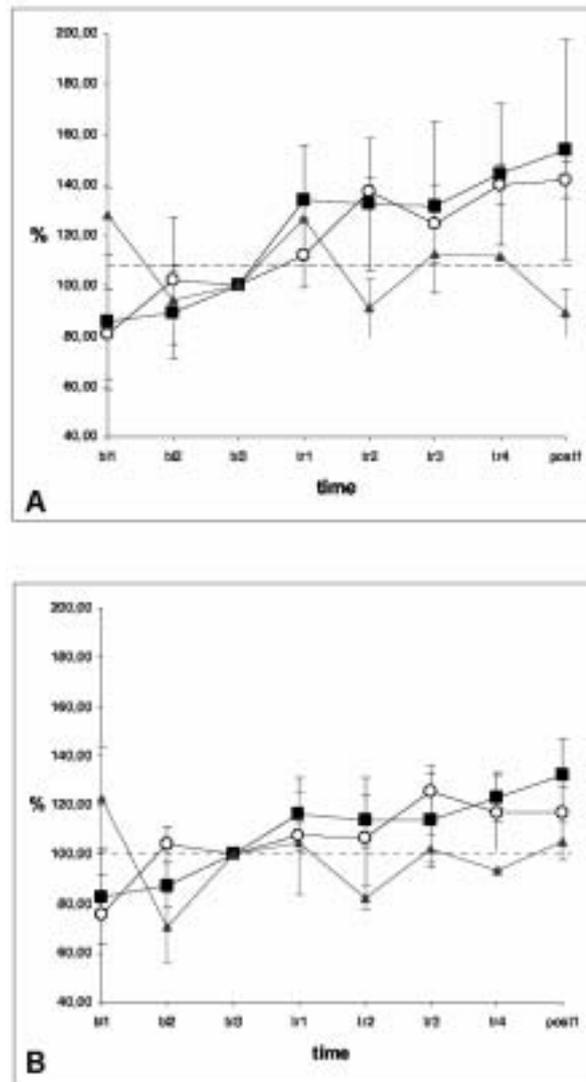


Fig. 11. Effect of different training strategies on motor recovery after stroke. The effect of imagining the performance of a finger sequence (open circle,  $n = 4$ ) and execution of a finger sequence (black square,  $n = 5$ ) was compared to conventional physical therapy (grey triangle,  $n = 3$ ). Pinch grip of the affected (A) and non-affected (B) hand was measured during a baseline period of two weeks (b11-b13). Following baseline patients were randomly assigned to one of three different treatment arms. All patient received 30 min training per day of the assigned treatment type for four weeks. At the end of each week pinch grip was tested for both hands (tr1-tr4). One week after completion of the training pinch grip was tested (post1). Mean and SE is shown for each group.

sation. There is some evidence in baboons and humans that decreased labelling of the GABA-B receptors indicated irreversibly damaged brain tissue [74, 76,79,199,210]. However, despite these abnormalities the perilesional area cannot be visualised by imaging methods even not at high field (7 Tesla), [189]. Nevertheless, deafferentation of body parts is a means to decrease GABAergic inhibition as assessed with TMS and thereby to induce rapid plastic changes re-

sulting in an increased cortical representation of the adjacent body parts [239]. In patients with brain infarction, deafferentation of the upper arm produced by regional anaesthesia improved hand function dramatically [138]. Increasing sensory input to the pharynx is an approach that induces changes in cortical motor representation as measured with TMS [66,73] affected the cortical activation as measured with fMRI and improved swallowing function [66].

It is still unclear when rehabilitative training should be initiated, although recovery appears as a continuous process with different dynamics (Fig. 9). Epidemiologic studies showed that early physiotherapy and patient mobilisation after stroke is beneficial [100]. It is unclear at present how these data obtained in humans can be reconciled with observations in animal experiments showing that training during the first days aggravates postischemic brain lesions [109,167]. Recently a rTMS protocol was developed, which produces a decrease of cortical excitability [34]. The effect of such stimulation continued after rTMS had ceased. Depending on the duration of the rTMS trains itself, such suppressing effect can last up to 15 minutes.

## 9. Conclusions

Using the combination of TMS techniques and functional neuroimaging, brain areas activated by a specific task can be identified topographically and their participation can be tested functionally. This approach has the advantage of studying brain areas in a hypothesis based, systematic manner, as opposed to studying patients with chronic individual brain lesions. Further, since the patients' baseline before the onset of the impairment is usually not known (for review [223]), longitudinal studies combining different neuroimaging methods and TMS studies will enhance our knowledge about the processes underlying functional recovery. The knowledge we have obtained from the motor system make it feasible to reveal the physiological processes underlying recovery even of cognitive functions such as attention, language, and memory.

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