Unravelling the effect of experimental pain on the corticomotor system using transcranial magnetic stimulation and electroencephalography

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Abbreviated title: Effect of pain on the corticomotor system

Keywords: experimental pain; transcranial magnetic stimulation; recruitment curves; electroencephalography; corticospinal tract; functional connectivity

Research funding: This work was supported by a grant from Natural Sciences and Engineering Research Council of Canada (NSERC).

Conflicts of interest: The authors declare no conflict of interest.

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1 Abstract

2 The interaction between pain and the motor system is well-known. For instance, past studies 3 have shown that pain can alter corticomotor excitability and have deleterious effects on motor learning. The aim of this study was to better understand the cortical mechanisms underlying the 4 5 interaction between pain and the motor system. Experimental pain was induced on 19 young 6 and healthy participants using capsaicin cream, applied on the middle volar part of the left 7 forearm. The effect of pain on brain activity and on the corticomotor system was assessed with 8 electroencephalography (EEG) and transcranial magnetic stimulation (TMS), respectively. 9 Compared to baseline, resting state brain activity significantly increased after capsaicin 10 application in the central cuneus (theta frequency), left dorsolateral prefrontal cortex (alpha 11 frequency), and left cuneus and right insula (beta frequency). A pain-evoked increase in the right 12 primary motor cortex (M1) activity was also observed (beta frequency), but only among 13 participants who showed a reduction in corticospinal output (as depicted by TMS recruitment 14 curves). These participants further showed greater beta M1-cuneus connectivity than the other 15 participants. These findings indicate that pain-evoked increases in M1 beta power are intimately 16 tied to changes in the corticospinal system, and provide evidence that beta M1-cuneus 17 connectivity is related to the corticomotor alterations induced by pain. The differential pattern 18 of response observed in our participants suggest that the effect of pain on the motor system is 19 variable from on individual to another; an observation that could have important clinical 20 implications for rehabilitation professionals working with pain patients.

21 Introduction

Pain is a rapidly growing area of research, and the last years have shown huge advancement in our understanding of its neurophysiological process. The development of neuroimagery techniques have led to the discovery that pain perception is intimately linked to the activation of a complex cerebral network comprised, among other things, of the primary somatosensory cortex (S1) and the secondary somatosensory cortex (S2), the anterior cingulate cortex (ACC) and the insula (IC) (Apkarian et al., 2005, Forster and Handwerker, 2014, Nakata et al., 2014).

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29 A few neuroimagery studies have also reported an increase in the activity of the primary motor 30 cortex (M1) in the presence of experimental pain (Apkarian et al., 2000, Tracey et al., 2000, 31 Burns et al., 2016). A few years ago, Stancák et al. demonstrated, using electroencephalography 32 (EEG), that the application of a short-lasting painful heat stimuli on the hand decreased the β 33 activity of the sensorimotor cortex (Stancák et al., 2007). Given the inhibitory role that β waves 34 have on the motor cortex (Pogosyan et al., 2009), the decrease in M1 β activity noted by Stancák 35 and colleagues suggests that the presence of a brief nociceptive stimulus could prime the motor brain regions (reduction of the inhibition), possibly to facilitate motor withdrawal responses. As 36 37 pointed out, the results obtained by Stancák and colleagues were obtained following the 38 application of brief/escapable, nociceptive stimuli and it remains uncertain whether the same 39 pattern of results would be obtained with longer/unavoidable nociceptive stimulations.

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The observations made with neuroimagery techniques are consistent with the results of studies performed with transcranial magnetic stimulation (TMS). TMS studies have shown that experimental pain stimulation can alter the excitability of the corticomotor system (Farina et al., 2001, Valeriani et al., 2001). However, contrary to the study by Stancák et al. (that suggest a

45 priming of the motor cortex in the presence of pain), TMS studies generally report reduced 46 corticospinal excitability following nociceptive stimuli (Boudreau et al., 2007, Mercier and 47 Leonard, 2011, Schabrun and Hodges, 2012, Schabrun et al., 2013, Rittig-Rasmussen et al., 2014). Some researchers have suggested that these corticomotor effects could explain the 48 49 negative impact that pain can have on motor learning (Boudreau et al., 2007, Rittig-Rasmussen 50 et al., 2014). Supporting this are the results of Rittig-Rasmussen et al. (Rittig-Rasmussen et al., 51 2014) who have observed that the change in corticospinal excitability (increased motor-evoked 52 potential [MEP] amplitudes) noted following upper trapezius training was completely blocked by 53 a hypertonic muscle saline injection, with the effect being apparent up to 7 days post-training.

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55 Interestingly, several neuroimagery and neurostimulation studies have shown that patients 56 suffering from clinical pain conditions show changes in cortical representation at the M1 level. 57 For example, in patients suffering from complex regional pain syndrome (CRPS) and from 58 phantom limb pain, researchers have reported reduced cortical representation of the affected 59 limb (Karl et al., 2001, Krause et al., 2006). Although compelling, these studies remain 60 correlational and it is impossible to know if the neuroplastic changes in M1 are *directly* caused 61 by pain. The use of an experimental pain paradigm, in which the researchers can manipulate the 62 presence of pain, would make it possible to address this guestion and determine whether pain is 63 causally linked to corticomotor changes.

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In this study, TMS and EEG were used concomitantly to better understand the effect of pain on the motor system. More specifically, the objectives were to evaluate the effect of a prolonged/inescapable nociceptive stimulation on TMS recruitment curves (a measure believed to reflect the strength of the corticospinal projections (Devanne et al., 1997, Abbruzzese and

Trompetto, 2002)) and on the pattern of EEG activity of the motor brain regions. A second objective was to determine if these potential changes in the TMS recruitment curve and EEG activity could be related to changes in functional connectivity between M1 and other brain regions implicated in the perception of pain.

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75 Materials and Methods

76 Participants

77 Nineteen healthy, right handed adults (12 women and 7 men; mean age: 29 ± 7 years old) 78 participated in the study. To be included in the study, participants had to be aged over 18 years 79 and be pain-free (absence of painful health condition and no pain upon testing). For security 80 reasons, individuals with neurological disorders, metal implants in the skull, a pacemaker or 81 neurostimulator, epilepsy or pregnant were excluded from the study. Participants were asked to 82 refrain from consuming caffeine for six hours before testing, and tobacco products for two hours 83 before testing. The research protocol was approved by the ethics committee of the Research 84 Centre on Aging (Sherbrooke, Quebec, Canada) and each participant provided informed written 85 consent before participating in the study.

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87 Transcranial magnetic stimulation (TMS)

Magnetic stimuli were delivered by a 70 mm figure-eight coil connected to a Magstim 200 (Magstim Co., Dyfed, UK). Participants sat in a comfortable chair and two Ag/AgCl surface recording electrodes (1 cm² recording area) were positioned over their left first dorsal interosseous (FDI) muscle to record motor-evoked potentials (MEP). Electromyographic signals, elicited by the magnetic stimuli, were amplified and filtered (bandwidth, 200 Hz to 2 kHz) with a

93 CED 1902 amplifier (Cambridge Electronic Design Limited, Cambridge, UK), and digitized at a
94 sampling rate of 10 kHz using a Power 1401 mk II interface and Spike 2 software (version 7.10;
95 Cambridge Electronic Design Limited, Cambridge, UK).

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97 With the coil held ~45° in the mid-sagittal plane, the approximate location of the FDI muscle on 98 the right hemisphere was explored in 1-cm step until reliable MEP could be evoked in the FDI. 99 The optimal location for eliciting MEP in the FDI was found (hotspot). This site was then marked 100 on the scalp of the participants with a marker to ensure consistent coil positioning. Throughout 101 the experiment, the experimenter frequently reassessed the coil position to ensure that it 102 remained over the optimal stimulation site. At this point, stimulations of varying intensities were sent to determine the resting motor threshold (rMT), defined for each participant as the 103 104 minimal intensity of stimulation capable of eliciting MEPs of at least 50 μ V in 50% of the trials 105 with the FDI at rest (no muscle contraction). Then, 4 blocks of 10 stimulations were provided 106 randomly to participants (delay between each stimulation = 5 to 8 sec), with the stimulation in 107 each block given at the same intensity (i.e., 90, 110, 130, and 150 % of rMT). The peak-to-peak 108 amplitude of MEP responses were measured off-line and averaged for each participant to derive 109 mean values. The slope of the recruitment curve (describing the relationship between MEP 110 amplitude and TMS intensity) was then calculated using hierarchical linear modeling (HLM) 111 (Roberts et al., 2010).

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113 Electroencephalography (EEG)

EEG activity was recorded at rest using a 32-channel EEG acquisition system (Brain Products GmBh, Munich, Germany) with electrodes positioned according to the international 10-20 system. Data were recorded at 500 Hz for 5 minutes in each condition using FCz reference and

keeping all electrode impedances below 5 kΩ. Eye blinks and motion artifacts were removed
from the data using independent component analysis (ICA) denoising (Brain Vision Analyzer,
Brain Products GmbH, Munich, Germany). Data were then re-referenced to the common
average.

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122 For each participant, 15 non-overlapping, 2-second segments without artifacts were randomly 123 selected and decomposed in eight frequency bands: δ (delta: 1.5–4 Hz), θ (theta: 4–8 Hz), $\alpha 1$ 124 (alpha 1: 8–10 Hz), α 2 (alpha 2: 10–13 Hz), β1 (beta 1: 13–21 Hz), β2 (beta 2: 21–30 Hz), β3 (beta 125 3: 30-60 Hz) and ω (omega > 60 Hz). For each segment, intracranial source current densities 126 were then computed using sLORETA software (Pascual-Marqui, 2002), yielding sources in 6239 5x5x5 mm³ cortical grey matter voxels in standard MNI space (Fonov et al., 2011). sLORETA 127 128 allows the localization of spatially distributed sources of activity without a priori on their 129 number, which is well suited in the context of pain (Apkarian et al., 2005, Tracey and Mantyh, 130 2007, Schweinhardt and Bushnell, 2010). Current density maps were then averaged across 131 segments for each subject and condition (i.e., baseline and pain condition).

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133 Capsaicin application

After the evaluation of baseline TMS and EEG measures, experimental pain was induced by a 1% capsaicin cream. More specifically, 0.06 ml of capsaicin was applied on the middle volar part of the left forearm in a perimeter of 4 cm X 4 cm. Capsaicin-induced pain was evaluated by the participants using a visual analogue scale (VAS; 0 = "no pain", 10 = "the worst imaginable pain"), every 5 minutes until the pain sensation stabilized (i.e., when participants rated same intensity of pain in 2 consecutive VAS pain measures). Once the pain became stable, EEG and TMS measures were assessed again (see Figure 1). 141

142 Statistical analysis

143 Paired-sample t-tests were used to determine if there was a difference between the baseline 144 and pain condition for the HLM values. Changes in current density power (EEG activity) between 145 the baseline and pain condition were assessed using paired-sample t-tests across subjects, 146 independently for each frequency band and each voxel. Statistical significance was assessed 147 through statistical nonparametric mapping using 5,000 randomizations to account for multiple 148 comparisons. A threshold on the t-statistic corresponding to p < 0.05 was used to uncover pain-149 evoked activation maps and identify regions of the brain displaying changes in activity between 150 the rest and pain conditions.

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152 Because the analyses revealed no consistent changes in TMS measures and EEG activity 153 between the baseline and pain condition (see results section), separate functional connectivity 154 analyses were conducted in participants who showed a reduction in corticospinal output and an 155 increase in M1 β activity (group 1), and in participants who did not (group 2). For each group, 156 linear lagged connectivity was assessed in the β band frequency using sLORETA software 157 between M1 (region of interest) and other brain regions in which an increase in activity was 158 observed during the pain condition. These functional connectivity analyses allowed us to 159 evaluate if the activation of M1 was related to an interaction with other brain structures also 160 activated in the presence of pain (Apkarian et al., 2000, Tracey et al., 2000).

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165 Results

166 Pain assessment

167 Every participant experienced pain following capsaicin application (mean pain intensity = 4 ± 2).

168 On average, 42 minutes were required after capsaicin application before the pain stabilized.

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170 *Effect of experimental pain on TMS recruitment curves*

171 TMS recruitment curves obtained before and after capsaicin application are presented in Figure 172 2. As can be seen from this figure, pain did not affect corticospinal output, as evidenced by the 173 comparable TMS recruitment curves obtained for the baseline and pain conditions. The absence 174 of difference between the two conditions was confirmed by the statistical analysis, with the 175 paired-sample t-test showing no difference in HLM slope values between the baseline and pain 176 condition (p = 0.26). Pearson correlational analyses showed that there were no relationships 177 between the change in the slope of the recruitment curve and the time needed for pain to reach 178 a plateau (r = -0.02; p = 0.92) and between the change in the slope of the recruitment curve and 179 the intensity of pain reported by the participants (r = -0.21; p = 0.36).

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181 *Effect of experimental pain on brain activity*

Source localization analyses conducted to compare brain responses between the baseline and pain condition revealed a significant increase in brain activity across the central cuneus (x=0, y=-85, z=10 at theta frequency), the left dorsolateral prefrontal cortex (DFPLC) (x=-45, y=30, z=35 at alpha frequency), and the left cuneus (x=-20, y=-90, z=35) and right insula (x=35, y=-5, z=20 both at the beta frequency) while participants were in the pain condition (all ts > 4.40, corresponding to p < 0.05). No changes were noted in other brain regions, including M1 (all pvalues > 0.05).

189 Between-group analyses

Careful examination of the data revealed that about two thirds of the participants (n = 12) showed a decrease in corticospinal output (reduced TMS recruitment curve slope) during the pain condition while the other third (n = 7) showed an increase in corticospinal output (increased TMS recruitment slope; see Figure 3 A, B and Figure 4). These observations brought us to evaluate and to compare the changes in EEG brain activity and functional connectivity between these two groups of participants.

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197 The between-group analysis first revealed that, compared to participants who showed an 198 increase in corticospinal output, participants who showed a decrease in corticospinal output 199 also showed greater right M1 beta frequency activity (x = 35, y = -15, z = 50; t = 4.69, p = 0.049) in 200 the "pain condition" (see Figure 5). Importantly, this group difference was absent at baseline (all 201 ts < 4.80, p > 0 .48). Between-group comparisons, looking at changes in EEG functional 202 connectivity, showed that, compared to participants who showed an increase in corticospinal 203 output, those who showed a decrease demonstrated greater pain-related beta M1-cuneus 204 connectivity (t = 3.58, p = 0.03). Again, these between group differences in beta M1-cuneus connectivity were not found at baseline (t = 3.73, p = 0.73). No other connectivity change was 205 206 observed (all p-values > 0.05).

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209 Discussion

The current study's objective was to better understand the corticomotor changes induced by pain. More specifically, we wanted to determine if a prolonged/inescapable nociceptive stimulation pain, induced with a capsaicin cream, could modify TMS recruitment curves as well

as EEG activity of the motor cortex, and if these eventual alterations could be associated to
functional connectivity changes. Our analyses revealed that capsaicin pain produced variable
effects, with approximately two thirds of participants showing a reduced TMS recruitment curve
slope. Participants who showed this type of decrease also showed an increase in M1 β activity.

217

218 Effect of pain on cortical representation and corticospinal output

219 In the past years, many studies have revealed the presence of functional reorganizations in the 220 somatosensory and motor system of pain patients. For example, Krause et al. observed that 221 patients with complex regional pain syndrome (CRPS) had a smaller corticomotor representation 222 of the affected limb, compared to pain-free participants (Krause et al., 2006). Flor et al. reported 223 similar changes in the primary somatosensory cortex (S1) in people suffering from phantom pain 224 (Flor, 2003). Interestingly, researchers observed the presence of a positive correlation between 225 pain intensity and the amplitude of cortical reorganization in amputee patients, suggesting that 226 these neuroplastic changes could play an important role in the physiopathology of persistent 227 pain (Flor et al., 1995).

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229 The idea that cortical reorganization could play an important role in the physiopathology of 230 chronic pain was reinforced by Maihofner et al. and Pleger et al., who observed a normalization 231 of the cortical changes in CRPS patients after treatment, once pain subsided (Maihofner et al., 232 2004, Pleger et al., 2005). The results of Maihofner et al. and Pleger et al. support the idea that 233 pain could drive cortical reorganization; however, the ultimate way to confirm the presence of a 234 causal relationship between pain and cortical changes is to experimentally manipulate the 235 presence of pain, as it is the case in this study. Our results show that pain can, indeed, drive 236 changes in the corticomotor system, but that its effect is not uniform across all individuals.

237 Nevertheless, we must remember that the results obtained from experimental pain paradigm 238 cannot be directly generalized to clinical pain populations. It should also be noted that the effect 239 of pain on the motor system can vary depending on the duration of the painful stimulus (phasic 240 vs tonic pain), the submodality (deep vs superficial pain), and the location (proximal vs distal 241 pain) (Valeriani et al., 1999, Farina et al., 2001, Le Pera et al., 2001, Valeriani et al., 2001, Cheong 242 et al., 2003, Svensson et al., 2003, Mercier and Leonard, 2011). Replicating the present results 243 with different experimental pain paradigms and pursuing research in pain populations is 244 essential before any final conclusions can be made.

245

246 *Effect of pain on EEG activity of the motor cortex*

247 Several neuroimaging studies have shown that experimental pain can affect the activity of the 248 motor cortex (Apkarian et al., 2000, Tracey et al., 2000, Burns et al., 2016). For the most part, 249 these studies were done using functional magnetic resonance imaging (fMRI). Although useful – 250 in particular because of its ability to measure changes in deep areas of the brain – it is important 251 to remember that fMRI BOLD responses reflect changes in cerebral blood flow, cerebral blood 252 volume and cerebral metabolic rate of oxygen following neural activation (Fox and Raichle, 253 1986, Uludag et al., 2009, Attwell et al., 2010). As such, changes in BOLD can, at best, be related 254 to changes in neural activity and cannot be interpreted specifically in terms of excitatory 255 (increase in the activity of excitatory neurons) or inhibitory (increase in the activity of inhibitory 256 neurons) activity. Contrary to fMRI, EEG directly measures the neuroelectric activity of brain 257 cells, allowing a better characterization of neuronal changes (Aine, 1995). In this study, the EEG 258 analyses have revealed that the majority of participants showed increased contralateral M1 β 259 frequency activity during pain, suggesting that pain increases the inhibitory activity in this area 260 (Pogosyan et al., 2009). The biological reasons for these cortical changes remain hypothetical. A

261 possible explanation is that increased β activity could force the injured individual to limit his 262 movements, in order to promote healing. However, in certain cases, this inhibitory effect could 263 be detrimental, for example by interfering with motor learning and rehabilitation (Boudreau et 264 al., 2007, Bouffard et al., 2014).

265

266 In the past years, accumulating evidence stemming from paired-pulse TMS studies has 267 suggested that chronic pain populations display changes in GABA-mediated intracortical 268 inhibition (see for instance Parker et al. (2016) for a review). Perhaps the most compelling 269 observations are the ones made by Lefaucheur and colleagues (Lefaucheur et al., 2006). In this 270 study, Lefaucheur and colleagues observed that (1) neuropathic pain patients had reduced 271 intracortical inhibition, when compared to age-matched healthy controls, (2) application of high-272 frequency (10 Hz) repetitive TMS (rTMS) in these pain patients increased intracortical inhibition, 273 and (3) there was a significant association between the extent of pain relief and the increase in 274 intracortical inhibition observed following the application of rTMS. Changes in GABA-mediated 275 intracortical inhibition (SICI) have also been documented with experimental pain paradigms (Fierro et al., 2010, Schabrun and Hodges, 2012). Results from these studies indicate that the 276 277 effect of experimental pain on SICI may depend on the nature/location of the nociceptive 278 stimulus; while Fierro et al. (Fierro et al., 2010) observed reduced SICI following a topical 279 capsaicin application (superficial cutaneous pain), Schabrun & Hodges (Schabrun and Hodges, 280 2012) reported increased SICI following injection of a hypertonic saline solution (deep muscle 281 pain). Changes in intracortical facilitation (ICF) were also noted by Schabrun & Hodges (Schabrun 282 and Hodges, 2012), but not by Fiero et al. (Fierro et al., 2010). These findings help to better 283 understand the role played by intracortical circuits and remind researchers that the effect of

pain on the corticomotor system likely varies depending on the type of pain (clinical *vs*experimental pain; deep *vs* superficial pain).

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287 The increase in β power observed in the majority of our participants contrast with the results of 288 Stancák and colleagues, who showed that thermode induced pain *decreased* M1 β activity 289 (Stancák et al., 2007). This discrepancy could be explained by the fact that prolonged pain (e.g. 290 capsaicin) and brief pain (e.g. thermode) stimulation may foster the emergence of different 291 motor strategies. Whereas immobilization can be a successful strategy in the former case, this 292 same response could be detrimental in the second case, when it is possible for the individual to 293 remove the body part away from the painful stimuli. Decreasing β activity during 294 brief/escapable nociceptive stimulation could promote movement and help the individual avoid 295 potential threats.

296

Interestingly, associations between M1 β power and GABA concentration have been observed by Baumgarten and colleagues (2016). Similarly, Farzan and colleagues (2013) noted that the duration of the silent period (a TMS measure mediated by GABA receptors (Abbruzzese and Trompetto, 2002, Jono et al., 2016)) is related to β oscillations. Taken together, these observations suggest that the changes observed in corticospinal output in some of our participants could be linked to changes in GABA activity.

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304 *Effect of pain on other brain areas*

The EEG analysis revealed an increase of the activity of the insula, DFPLC and cuneus in the pain condition in all participants, when compared to baseline. The role of the insula and DFPLC in pain perception and modulation has been well documented in previous pain studies (Rainville et

308 al., 2000, Borckardt et al., 2007); however, the activation of the cuneus in the pain condition is 309 more unexpected. A previous study, from our research group, did suggest that a brain area 310 adjacent to the cuneus could play a significant role in the perception of pain (Goffaux et al., 311 2014). In this past study, we observed that individuals who showed increased activity in the 312 precuneus in the presence of experimental pain also showed the promptest response to pain. 313 Traditionally linked to the treatment of visual information (Corbetta et al., 1995, Nobre et al., 314 2003), the cuneus also plays an important role in the integration of sensory information, as well 315 as cognitive processes such as attention, learning and memory (Cabeza et al., 2002, Makino et 316 al., 2004).

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318 The functional connectivity analyzes, done on the subgroup of participants for whom pain 319 reduced corticospinal output, further highlighted the potential role that the cuneus could play in 320 pain processes. These analyses have shown that the application of a capsaicin cream increases 321 the functional connectivity between the motor cortex and the cuneus in individuals who show a 322 reduced TMS recruitment curve slope. These results reinforce the role that the cuneus could 323 play as a significant brain area for the integration of sensory and attentional information. This 324 integrative function of the cuneus makes it an ideal cerebral structure, capable of modulating 325 the activity and organization of the motor cortex based on the ascending sensory information 326 and on the context in which the individual is placed and asked to interact.

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328

329 Limits

The most important limit of this study probably relates to the inconsistent effect produced by pain on the corticomotor system. Indeed, it should be reminded that the most compelling

332 findings (i.e., increased M1 β activity and reduced corticospinal output) were found in a 333 subsample of participants. Future studies need to be conducted to determine if these results 334 can be consistently reproduced and validate that the observed TMS and EEG changes are not 335 spurious effects only. An additional limitation concerns the absence of control group. Although 336 the TMS and EEG measures have been proven to be reliable (Cacchio et al., 2009, Cannon et al., 337 2012, Ngomo et al., 2012), the addition of a control group would have been an important asset 338 for the study to document the stability of the TMS and EEG measures over time. Finally, it 339 should be noted that the effect of pain on TMS and EEG measures was investigated only once 340 (i.e., when pain stabilized). Again, futures studies, looking into the long-term effects are 341 warranted.

342

343 Conclusion

344 In conclusion, our results show that tonic experimental pain increases M1 β activity in certain 345 individuals, and that this increase in β activity is intimately tied to corticomotor and functional 346 connectivity changes. These observations remind us that the cerebrum works as an integrated 347 system of circuits and that certain brain areas, other than those classically involved in pain 348 perception and modulation can be affected by nociceptive stimulations. The differential pattern 349 of response observed in our participants suggest that the effect of pain on the motor system is 350 variable from on individual to another; an observation that could have important clinical implications for rehabilitation professionals working with pain patients. 351

352 **Conflict of interest**

- 353 The authors have no conflict of interest to report.
- 354

355 Acknowledgments

- 356 The authors gratefully acknowledge Antoine Guillerand and Mathieu Hamel for their help with
- 357 data collection.
- 358

359 Ethical approval

- 360 All procedures performed in studies involving human participants were in accordance with the
- 361 ethical standards of the institutional and/or national research committee and with the 1964
- 362 Helsinki declaration and its later amendments or comparable ethical standards.

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