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Authors
Starr, A
Scalise, A
Gordon, R
et al.

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Motor cortex excitability in chronic fatigue syndrome

A. Starr a,*, A. Scalise a,b, R. Gordon a, H.J. Michalewski a, M.D. Caramia a,b

a Department of Neurology, University of California, Irvine, CA 92697-4290, USA
b Department of Neurology II, University of Rome Tor Vergata, Rome, Italy

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Abstract

Objective: To use transcranial magnetic stimulation (TMS) to define motor cortical excitability in chronic fatigue syndrome (CFS) subjects during a repetitive, bilateral finger movement task.

Methods: A total of 14 CFS patients were tested and compared with 14 age-matched healthy control subjects. TMS of the motor cortex (5% above threshold) was used to elicit motor evoked potentials (MEPs). Subjects performed regular (3–4/s) repetitive bilateral opening–closing movements of the index finger onto the thumb. MEPs of the first dorsal interosseus (FDI) were measured before, immediately following exercise periods of 30, 60 and 90 s, and after 15 min of rest.

Results: Performance, defined by rate of movement, was significantly slower in CFS subjects (3.5/s) than in controls (4.0/s) independent of the hand measured. The rate, however, was not significantly affected by the exercise duration for either group. The threshold of TMS to evoke MEPs from the FDI muscle was significantly higher in CFS than in control subjects, independent of the hemisphere tested. A transient post-exercise facilitation of MEP amplitudes immediately after the exercise periods was present in controls independent of the hemisphere tested, but was absent in CFS subjects. A delayed facilitation of MEPs after 15–30 min of rest was restricted to the non-dominant hemisphere in controls; delayed facilitation was absent in CFS subjects.

Conclusions: Individuals with CFS do not show the normal fluctuations of motor cortical excitability that accompany and follow non-fatiguing repetitive bimanual finger movements. © 2000 Elsevier Science Ireland Ltd. All rights reserved.

Keywords: Transcranial magnetic stimulation; Non-fatiguing finger movements; Exercise; Hemisphere asymmetry; Post-exercise facilitation; Delayed facilitation

1. Introduction

Subjects with chronic fatigue syndrome (CFS) have complaints of persistent motor fatigue (Holmes et al., 1988), impaired memory (Marshall et al., 1997), disordered sleep (Fischler et al., 1997), depression (Johnson et al., 1996) and susceptibility to repeated infections (Buchwald et al., 1997). No laboratory or clinical tests specific for CFS are available, and thus, diagnosis is based on the presence of a constellation of clinical symptoms (Fukuda et al., 1994). A variety of abnormalities of brain function have been found in patients with CFS, including diminished cerebral blood flow (Ichise et al., 1992; Goldberg et al., 1997), abnormalities of white matter on MRIs (Natelson et al., 1993; Lange et al., 1999), and reduced amplitudes of premovement brain potentials (Gordon et al., 1999). However, none of these changes are specific to CFS, as they can occur in a variety of other conditions.

Transcranial magnetic stimulation (TMS) has been recently used to try to define changes in motor cortical excitability that may be specific to CFS. Sacco et al. (1999) showed that CFS subjects have decreased amplitude of motor evoked potentials (MEPs) compared with normal subjects from TMS of the motor cortex during exercise, and that the diminished muscle force could be significantly restored in CFS subjects by a TMS induced muscle twitch. Samii et al. (1996) showed that CFS subjects fatigue faster than normal subjects during sustained contraction of the wrist, that they had less of an increase in motor cortical excitability during the exercise compared with normal subjects, and a larger depression of motor cortical excitability when fatigued (post-exercise depression). These studies document that motor fatigue in CFS was not due to changes of muscle, nerve or spinal cord functions, but rather, reflected an altered excitability of the motor cortex. However, some of these changes in the motor cortex were not specific to CFS, as similar alterations were found, for
example, in depressed patients when motor performance was fatigued (Samii et al., 1996).

In the present study, we investigated the effects of repetitive bilateral finger motor task on motor cortical excitability of patients with CFS before fatigue occurred. The exercise, which was relatively forceless and of brief duration (90 s), was not accompanied by performance decrement. In controls, the exercise was accompanied by a transient facilitation of motor cortical excitability, and a later, delayed facilitation after 15 min of rest. CFS subjects, in contrast, showed a significant elevation of TMS thresholds at baseline before exercise and an absence of both post-exercise facilitation and delayed facilitation after rest. These results suggest that motor cortical excitability is abnormal in CFS, even in the absence of fatigue.

2. Subjects and methods

A group of 14 right-handed patients (age range, 28–59 years; 13 females and one male) diagnosed with CFS was tested. A group of 14 age-matched, right-handed normal controls (age range, 25–62 years; 7 females and 7 males) without a history of neurological problems or psychiatric illness was tested. All patients fulfilled the criteria for the diagnosis according to the CDC guidelines (Fukuda et al., 1994). Five patients were currently employed (4 part-time, one full-time) and two exercised regularly (one does daily water aerobics, and the other ‘works-out’ daily). The two subjects that ‘exercised’ did so at substantially reduced levels (less than 50%) compared with their pre-illness activity. The clinical and test scores for CFS and control subjects are summarized in Table 1. The 14 normal subjects were selected from a group of 21 healthy controls to match the age of the patients. In a previous study (Caramia et al., 2000), we reported no gender or age effects of MEPs in normal subjects using the same protocol described here.

Patients had experienced symptoms of fatigue for an average of 8.1 years (SD, 4.8). They had a mean score of 15.6 ± 5.5 on the Beck depression inventory (Beck et al., 1961), just below the score of 16 used to classify depression. Their mean score on the Krupp fatigue scale (Krupp et al., 1961), just below the score of 16 used to classify depression.

Table 1

<table>
<thead>
<tr>
<th></th>
<th>Gender (F/M)</th>
<th>Age (years)</th>
<th>Subjective fatigue</th>
<th>Duration (years)</th>
<th>Beck</th>
<th>Krupp</th>
<th>Trails A (s)</th>
<th>Trails B (s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CFS</td>
<td>13/1</td>
<td>44 (9)</td>
<td>5 (2)</td>
<td>8 (4)</td>
<td>16 (8)</td>
<td>6 (1)</td>
<td>34 (16)</td>
<td>76 (34)</td>
</tr>
<tr>
<td>Controls</td>
<td>7/7</td>
<td>41 (8)</td>
<td>NT</td>
<td>NT</td>
<td>NT</td>
<td>NT</td>
<td>23 (6)(^b)</td>
<td>47 (9)(^b)</td>
</tr>
</tbody>
</table>

\(^a\) Values are means with standard deviation in parentheses; NT, not tested.

\(^b\) \(P < 0.05\). Controls faster than CFS.
post-exercise facilitation are relatively constant when tested at between 10 and 50% of the maximum force (Samii et al., 1996). Acoustic feedback from ongoing EMG activity of the target muscle, with a gain set at 100 μV/division, monitored the level of voluntary contraction for all subjects. TMS was delivered at an interval of 3 s for a total of 4 stimuli/condition. There were 3 main conditions: (1), baseline; (2), immediately after exercise of 30, 60 and 90 s; and (3), after rest (15 min after the last 90 s exercise period). The exercise involved bilateral repetitive opening–closing movements of the index finger towards the thumb with both digits extended in response to the instruction ‘make repetitive movements at about 3–4/s’. Subjects demonstrated their understanding of the instructions by practicing the movement for a few seconds. The coil was removed during the rest period and repositioned using the scalp markings for MEP testing. The threshold was again determined and was within ±5% of the original value.

At the conclusion of the 90 s exercise period, we asked whether subjects felt fatigue.

2.2. Rate of movement

Two procedures were used to evaluate the movement rate. First, the rate of contraction during each exercise period (30, 60 and 90 s) was determined in 10 subjects (5 controls, 5 CFS) during the TMS experiments by monitoring the acoustic output of the EMG from the tested FDI during exercise and tallying the total number of contractions. Second, in another 7 subjects (4 controls, 3 CFS), we recorded the EMG from both FDI muscles following the experimental protocol, but without TMS stimulation. The movement rate was defined (movements/s) for each hand by analyzing the last 10 s of movement in each epoch of exercise (30, 60 and 90 s). Also, a 10 s pre-exercise baseline epoch and a 10 s epoch after 15 min of rest was analyzed.

2.3. Data analysis

From the 4 transcranial stimuli delivered in each period of exercise (30, 60 and 90 s), the amplitudes of the largest two MEPs were averaged and this measure was used in the statistical analyses (Caramia et al., 2000). MEP amplitude was defined as the peak-to-peak excursion of the largest negative to positive deflection occurring after stimulus onset. MEP amplitudes were measured at baseline, immediately after each of the three exercise periods (30, 60 and 90 s), and after 15 min of rest.

Threshold differences between groups (CFS vs. controls) were tested using t tests. A repeated measures analysis of variance (ANOVA) was used to evaluate the MEP amplitude for the factors of time of testing (baseline, immediately after each of the exercises, and after rest), and group (CFS vs. control). A separate ANOVA was used to examine the additional factor of hemisphere (right vs. left) on a subset of subjects (6 CFS patients and 6 controls). Post-hoc tests among the means were performed using t tests adjusted for the number of comparisons (Fisher’s PLSD); differences at P < 0.05, or better, were considered significant. Wilcoxon signed rank tests were used to compare direction of change in MEP amplitude from baseline to after rest.

3. Results

3.1. Rate of movement

CFS subjects had a significantly slower movement rate than controls (3.5 vs. 4.0/s; P < 0.05) without a significant change of rate between the 3 exercise periods (Fig. 1), or any difference between the hands. The movement rate varied more in patients (2.2–4.5/s) than in controls (3.6–4.5/s). Approximately one-third of the CFS subjects (5 of 14) had movement rates that were slower than 3.5/s, the lowest rate found in the controls. All of the CFS subjects and half of the control subjects expressed feelings of ‘fati-

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Table 2

MEPs and threshold from right hemisphere motor TMS

<table>
<thead>
<tr>
<th>Time-course</th>
<th>Controls (n = 14)</th>
<th>CFS (n = 14)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Threshold (%)</td>
<td>52.9 ± 8.2</td>
<td>62.0 ± 10.3b</td>
</tr>
<tr>
<td>Baseline (mV)</td>
<td>7.8 ± 2.8</td>
<td>7.6 ± 2.9</td>
</tr>
<tr>
<td>After 30 s of exercise (mV)</td>
<td>9.5 ± 3.7c</td>
<td>6.9 ± 3.3</td>
</tr>
<tr>
<td>After 60 s of exercise (mV)</td>
<td>9.7 ± 4.3c</td>
<td>7.5 ± 3.5</td>
</tr>
<tr>
<td>After 90 s of exercise (mV)</td>
<td>8.3 ± 3.4</td>
<td>6.8 ± 3.2</td>
</tr>
<tr>
<td>After rest (mV)</td>
<td>10.8 ± 3.9c</td>
<td>6.7 ± 3.5b</td>
</tr>
</tbody>
</table>

*a* Mean values and SD.

*b* P < 0.05 controls compared with CFS.

*c* P < 0.05 condition (exercise or after rest) compared with baseline.

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Fig. 1. Mean rates (bars indicate standard error) of repetitive finger movements during the three exercise periods in control and CFS subjects. CFS subjects perform significantly slower (P < 0.05) than controls, and neither group shows significant change as a function of exercise duration.
gue' at the end of the 90 s exercise period, although the movement rate did not slow significantly compared with the initial 30 s exercise period.

3.1.1. TMS

3.1.1.1. Non-dominant (right) hemisphere. The mean threshold intensity in CFS subjects was significantly higher than in controls (Table 2; \( P < 0.05 \)). There was a significant interaction for MEP amplitudes between the factors of time of testing and group (time of testing \( \times \) group, \( P < 0.001 \)). Fig. 2 shows representative MEP records from a control and a CFS subject. Post-hoc tests indicated a significant difference in MEP amplitudes only after rest (\( P < 0.01 \)), with controls having larger MEPs than CFS subjects (10.8 vs. 6.7 mV, respectively; Table 2). The difference in MEP amplitudes immediately after 30 s of exercise approached significant levels (controls, 9.5 mV; CFS, 6.9 mV; \( P = 0.06 \)).

Analyses within each group showed that MEP amplitudes were significantly affected as a function of time of testing for controls, but not for CFS subjects (Fig. 3). MEPs in controls increased in amplitude relative to baseline immediately following both the 30 and 60 s time periods (\( P < 0.05 \)), but not following the 90 s exercise period. For controls, the MEP amplitudes after rest also showed a significant delayed facilitation (\( P < 0.01 \)). In CFS, in contrast, MEP amplitudes did not change significantly compared with baseline values following any of the exercise periods, or after rest. Fig. 4 is a plot of the amplitude difference of MEPs in the post-rest period minus the baseline period for each CFS and control subject. There was a clear separation of values for most CFS subjects from the controls. All controls showed an increased MEP amplitude (\( P < 0.001 \)) after rest, whereas all but two CFS showed decreased MEPs after rest (\( P < 0.05 \)).

3.1.1.2. Dominant and non-dominant hemispheres. We evaluated motor cortical excitability from both hemispheres in a subset of the study population: CFS (\( n = 6 \)) and controls (\( n = 8 \)). The threshold of TMS was
lower for controls compared with CFS in both the left
(P < 0.001) and right (P < 0.05) hemispheres (Table 3).
MEP amplitudes (controls vs. CFS) were significantly
different for the left hemisphere (P < 0.01), independent
of the test time, with amplitudes in CFS being less than
those in controls (11.1 mV for controls vs. 6.2 mV for
CFS). For the right hemisphere, there was a significant
interaction (P < 0.001) between group and time of
testing, with MEP amplitudes being significantly smaller
between CFS and controls only after the rest period (CFS,
6.5 mV; controls, 12.6 mV).

4. Discussion

The major finding in the present study was the absence
of normal changes in motor cortex excitability in CFS
compared with controls during and after exercise. The
MEPs in controls increased in amplitude immediately
after exercise (post-exercise facilitation) and again after
rest (delayed facilitation). In normal subjects, the mechan-
isms for facilitation are intracortical within the motor
structures. For post-exercise facilitation, the mechanism is
thought to be due to increased excitability in the motor
cortex (Sacco et al., 1999). For delayed facilitation, the
mechanism is likely to be different, reflecting intracortical
synaptic reorganization underlying short-term potentiation
(Butefisch et al., 2000). Moreover, delayed facilitation in
normal subjects was limited to the non-dominant hemi-
sphere, indicating differences of motor cortical organiza-
tion in the two hemispheres. In contrast, there were no
significant amplitude changes encountered in CFS subjects
either during exercise or after rest in either hemisphere.
These findings differ from other studies that report larger
MEP amplitude changes in CFS subjects both during and
after exercise (Sacco et al., 1999; Samii et al., 1996).
However, the exercises used in these latter studies (Sacco
et al., 1999; Samii et al., 1996) involved effortful, sustained
exercise of the wrist or elbow muscles to the point of
‘exhaustion’. The exercise used in the present study
consisted of repetitive and ‘forceless’ distal movements
of the index finger. The duration of the movements in
the present study was relatively brief (30, 60 and 90 s)
and there were no significant decrements of movement
rates in either CFS or controls. While all CFS subjects
and 50% of the controls reported a sense of ‘fatigue’ at
the end of the last (90 s) exercise, all but two CFS subjects
indicated that they could have continued the movements if
requested. The finding that subjective ‘fatigue’ can be
experienced prior to objective changes in movement rate
is compatible with early involvement of the central motor
system in the experience of fatigue.

There were significant differences in movement rates
between CFS and controls on this simple task. Controls
moved on average at 4.0/s, whereas CFS subjects moved at
3.5/s with some CFS subjects making repetitive movements
as slowly as 2.5/s. The movement rate was determined by
the subjects themselves in response to the request to ‘make repet-
tive finger movements at a regular rate of 3 to 4/s’. Motor
performance has been shown to be impaired in CFS in other
tasks, including those requiring sustained effort (Sacco et al.,
1999; Samii et al., 1996) and reaction times indicating signal
detection (Gordon et al., 1999; Prasher et al., 1990; Scheffers
et al., 1992). These performance changes are accompanied
by a reduction in premovement readiness potentials and have
been interpreted as representing impaired central drive to the
motor cortex in CFS (Gordon et al., 1999).

CFS subjects have normal pyramidal motor tract speed
and sensory nerve conduction times (Brouwer and Packer,
1994). Moreover, when CFS subjects are ‘fatigued’, the
motor force can be significantly restored by a TMS of the
motor cortex (Sacco et al., 1999). The finding in the present
study of a slight, but significant elevation of the TMS
threshold in CFS compared with controls at baseline could
also be accounted for by an altered motor cortical excitabil-
ity. Other authors (Sacco et al., 1999; Thomas 1987) have
not reported a significant difference in threshold between
CFS and normal subjects.

### Table 3

<table>
<thead>
<tr>
<th></th>
<th>Controls (n = 8)</th>
<th>CFS (n = 6)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>DH</td>
<td>NDH</td>
</tr>
<tr>
<td>Threshold (%)</td>
<td>48.2 ± 7.8&lt;sup&gt;b&lt;/sup&gt;</td>
<td>55.3 ± 8.5&lt;sup&gt;c&lt;/sup&gt;</td>
</tr>
<tr>
<td>Baseline (mV)</td>
<td>11.1 ± 2.9</td>
<td>8.2 ± 2.9</td>
</tr>
<tr>
<td>After 30 s of exercise (mV)</td>
<td>11.9 ± 3.7</td>
<td>10.8 ± 3.9&lt;sup&gt;d&lt;/sup&gt;</td>
</tr>
<tr>
<td>After 60 s of exercise (mV)</td>
<td>11.8 ± 3.0</td>
<td>11.0 ± 4.5&lt;sup&gt;d&lt;/sup&gt;</td>
</tr>
<tr>
<td>After 90 s of exercise (mV)</td>
<td>11.6 ± 2.8</td>
<td>9.5 ± 3.7&lt;sup&gt;d&lt;/sup&gt;</td>
</tr>
<tr>
<td>After rest (mV)</td>
<td>10.3 ± 2.6</td>
<td>12.6 ± 4.4&lt;sup&gt;d&lt;/sup&gt;</td>
</tr>
</tbody>
</table>

<sup>a</sup> Mean values and SDs. DH, dominant hemispheres; NDH, non-dominant hemispheres.
<sup>b</sup> P < 0.01 DH for controls to CFS.
<sup>c</sup> P < 0.05 NDH for controls compared to CFS.
<sup>d</sup> P < 0.01 for controls, condition (exercise or after rest) compared to baseline.
The movement rate was significantly slowed by about 15% in patients compared with controls. This reduced movement rate may be the result of altered cortical excitability. Alternatively, the reduced movement rate in CFS patients may have been a factor contributing to the changes of cortical excitability in CFS. We do not favor the latter explanation as motor cortical excitability was also depressed in the 5 CFS patients with the fastest movement rates (mean, 3.8/s; SD, 0.35).

There are several limitations in the experimental design used. First, the factor of gender was not balanced between the control and CFS groups. All but one of the CFS subjects were female, whereas the male/female ratio was balanced (7/7) in the control group. However, in control subjects, motor cortical excitability changes were independent of gender, reducing the possibility that the differences we found between CFS and control subjects were gender based. Second, the force of contraction was not measured, and thus, might have been unequal between the two groups. However, the EMG amplitude during TMS could not be distinguished between patients and controls, suggesting that the level of target muscle activation was comparable between the two groups. Third, CFS patients were taking a variety of medications and were unwilling to discontinue them for the experiments. It is possible that the medications had a common effect in depressing motor cortical excitability, but we did not find evidence from the TMS literature to support this assumption. Antidepressants used by some of the patients can cause an enhancement of neural excitability in animals, a finding opposite to what occurred in the CFS subjects (Sugiyama, 1995; Yeung et al., 1999).

Due to the small sample size (14 subjects with CFS), we were unable to address which of the many factors (e.g. gender, specific medication, etc.) comprising the clinical picture of CFS were significantly related to the altered pattern of motor cortical excitability. Our study also did not address the question of specificity of altered motor cortical excitability to CFS, since we did not include other patients with ‘fatigue’, such as those with diagnoses of depression, multiple sclerosis or generalized systemic illness. We tested two subjects with ‘fatigue’ who did not fulfill the criteria of CFS because of significant preexisting psychiatric histories (one with obsessive compulsive disorder, the other with depression). Both had normal motor cortical excitability changes before, during, and after the exercise. Additional patients with fatigue, but not with CFS, need to be studied to define the specificity of these changes in motor cortex excitability.

In summary, the present study demonstrates abnormal cortical motor excitability in CFS during and following repetitive finger movement. These results are compatible with a reduction or alteration in the normal pattern of short-term potentiation in the motor cortex as an effect of repetitive exercises. Moreover, these excitability changes in the motor cortex in CFS can occur before motor performance becomes significantly compromised.

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