Genetic control of neuronal activity enhances axonal growth only on permissive substrates

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Abstract

Neural tissue has limited regenerative ability, to cope with that, in the recent years a diverse set of

novel tools have been used to tailor neurostimulation therapies and promote functional regeneration

after axonal injuries. In this report, we explore cell-specific methods to modulate neuronal activity,

including opto- and chemogenetics to assess the effect of specific neuronal stimulation in the promotion

of axonal regeneration after injury. We found that opto- or chemogenetic modulations of neuronal

activity on both dorsal root ganglia and corticospinal motor neurons increase their axonal growth

capacity only on permissive substrates.

Background

Following injury, damaged axons from the central nervous system (CNS) degenerate and are unable to

regenerate, while surviving fibres, have a limited capacity to sprout and to re-establish lost connections,

leading to functional impairment [1].

This failure of CNS axons to regenerate after injury is partly attributed to a hostile CNS environment

for growth [2–4]. The injury site is rich in growth inhibitory proteins including myelin-associated

glycoproteins, and chondroitin sulfate proteoglycans (CSPG) while lacking trophic support for axon

regeneration [5–7]. The limited intrinsic regenerative capacity of adult CNS axons also contributes to

the failure of axon regeneration after injury [8–10]. Yet, in the last years there have been several studies

approaching different aspects of the CNS physiology to both boost the intrinsic regrowth capacity and

overcome the extrinsic inhibition [11, 12].

During development, when CNS neurons still retain their intrinsic ability to regenerate after axotomy

[13], neuronal activity critically determines their connectivity, particularly onto spinal targets [14]. In

this direction, neuronal activation has also been explored to try to increase the intrinsic capacity for

axon regeneration as well as overcome the extrinsic inhibition. Practically, electrical stimulation has

been shown to enhance regeneration of sensory axons after peripheral nerve or dorsal columns injury

[15, 16] and sprouting of cortical axons into contralateral spinal cord gray matter after pyramidotomy

[17–19].

In order to gain insight on the actual mechanisms underlying these improvements, specifically and

remotely activating neurons through opto- and chemogenetics, has become the state-of-the-art

approach for tailored activity modulation [20, 21].

In this direction, the current study explores the therapeutic potential of modulating neuronal activity of

sensory (dorsal root ganglia (DRG)) and motor descending (corticospinal motor neurons (CSMN))

neurons, via opto- and chemogenetic stimulation in regulating axonal growth after injury.

We found that specific neuronal stimulation induced increased axonal growth capacity both *in vitro*

and *in vivo*, and both in sensory and motor neurons, but only when in presence of permissive and

trophic environments. Opto- or chemogenetic stimulation did not overcome the inhibitory signalling

induced by molecules such as myelin-associated glycoproteins and CSPGs.

Methods

Mice

B6.Cg-Tg(Thy1-COP4/EYFP)18Gfng/J (Thy1-ChR2) (Jackson Laboratories) [22] or wild type (WT)

C57BL/6J mice (Charles River Laboratories) ranging from 6-10 weeks of age were used for the

experiments and were randomly divided into the different experimental groups. Mice were

anaesthetized with isoflurane (5% induction, 2% maintenance) during surgeries. For DRG neuronal

cultures adult Thy1-ChR2 mice were used. Embryonic day 16.5 (E16.5) OF1 pregnant females were

purchased from Charles River Laboratories, and the embryos were used for neuronal cortical cultures.

All procedures were approved by the Ethics Committee on Animal Experimentation (CEEA) of the

University of Barcelona (CEEA approval #276/16 and 141/15).

Dorsal root ganglia (DRG) neuronal culture

DRGs from adult Thy1-ChR2 mice were dissected, washed in cooled Hank's balanced salt solution

(HBSS; ThermoFisher Scientific), and enzymatically digested (5mg/ml Dispase II (Merck) and

2.5mg/ml Collagenase Type II (ThermoFisher Scientific) in DMEM (ThermoFisher Scientific)) for

45min at 37ºC. Next, the DRGs were resuspended in DMEM:F12 (ThermoFisher Scientific) media

supplemented with 10% heat-inactivated Fetal Bovine Serum (FBS; ThermoFisher Scientific) and 1x

B27 (ThermoFisher Scientific) and were mechanically dissociated by pipetting. After centrifugation,

the resulting single cells were resuspended in culture media (DMEM:F12 media with 1x B27 and

penicillin/streptomycin (P/S; ThermoFisher Scientific)) and plated in glass-coverslips (3000-4000

cells/well) or in microfluidic devices (20.000cells/device) pre-coated with 0.1mg/ml poly-D-lysine (2h,

37ºC; Merck) and 2µg/ml laminin (over-night (O/N); ThermoFisher Scientific) at RT (room

temperature)). An additional incubation with 5, 10 or 20 µg/ml CSPGs (Merck) was performed (2h at 37ºC)

in growth-inhibitory substrate experiments. Cells were allowed to grow for 24h or for 8 days (in the case

of microfluidic devices) at 37ºC in a 5% CO_2 atmosphere.

Neuronal cortical culture

E16.5 WT mice embryos were used for neuronal cortical cultures. Brains were extracted, washed in

cooled 0.1M phosphate-buffered saline (PBS; ThermoFisher Scientific) containing 6.5 mg/ml glucose

(Sigma Aldrich) (PBS-glucose) and the meninges excised. Both cortical lobes were dissected, sliced

in a McIlwain II tissue chopper (Capdem Instruments) and trypsinized for 15 min at 37ºC. The

suspension was inactivated with Normal Horse Serum (NHS; ThermoFisher Scientific), incubated with

0.025% DNAse (Roche) PBS-glucose for 10 min at 37ºC and mechanically dissociated. Single cells

were spun down and resuspended in Neurobasal™ (ThermoFisher Scientific) medium supplemented

with 2mM glutamine (ThermoFisher Scientific), P/S, 6.5mg/ml glucose, $NaHCO_3$ (Merck), 1x B27

and NHS 5% and plated in poly-D-lysine (0.1mg/ml) pre-coated microfluidic devices (see below)

(150.000cells/device) or in glass-bottom plates (200.000cels/plate). One day after seeding, culture

media was changed, and NHS was excluded from the new media. Cells were maintained at 37ºC in a

5% CO2 atmosphere and culture media was changed every two days.

Microfluidic devices

The design used for microfluidic devices were a modification of a previously published device[23, 24].

One of the devices consists in 4 reservoirs of 7mm diameter, connected in pairs by a longitudinal

compartment (cell body and axonal compartments) which are in turn interconnected by 100

microchannels (10μm x 10μm x 900μm). The other used device presented a similar design and included

a perpendicular channel to the microchannels, located at the center of these. The masters were produced

using standard photolithography techniques at IBEC Microfab Space. Poly(dimethylsiloxane) (PDMS;

Dow) was used to prepare the devices by soft lithography, which were subsequently attached to glass

bottom dishes using oxygen plasma treatment.

In the first device, cortical neurons were seeded in one of the larger compartments (cell body

compartment) and allowed to extend their axons across the microchannels. In the case of the second

device, which was used with DRG neurons, neurons were seeded in the central channels. Vacuum

aspiration in the axonal compartment allowed complete axotomies [24].

In vitro *lentiviral production and infection*

LV-EF1α-hChR2(H134R)-EYFP-WPRE (LV-ChR2) produced in our laboratory were used to

introduce ChR2 expression in primary cortical neurons. For LV production, 293-FT (ATCC) cells were

simultaneously co-transfected with three plasmids: pMD2.G (VSV-G envelope expressing plasmid),

psPAX2 (lentiviral packaging plasmid), and pLenti-EF1α-hChR2(H134R)-EYFP-WPRE (transfer

plasmid) in Opti-MEM (ThermoFisher Scientific) using Lipofectamine 2000 Transfection Reagent

(ThermoFisher Scientific). Transfection media was changed for culture media (Advanced DMEM

(ThermoFisher Scientific) supplemented with 10% FBS, 1% P/S and 0.5% glutamine) 6h after. Media

was recovered at 48h and 72h post-transfection, filtered and centrifuged at 1200g to remove debris.

The supernatant was then centrifuged at 26.000rpm for 2h at 4ºC in a Beckman conical tube containing

a sucrose cushion (20%) for purification, ant the viral pellet was finally resuspended in PBS-1% BSA.

Cortical neurons were infected at 4 days *in vitro* (DIV) for 24h, and high levels of YFP fluorescence

could be observed at 7DIV, indicating positive infection.

In vitro *optogenetic stimulation*

Thy1-ChR2 DRG neurons or cortical neurons infected with LV-ChR2 were used for *in vitro*

optogenetic stimulation experiments. A 470nm emission LED array (LuxeonRebelTM) under the

control of a Driver LED (FemtoBuck, SparkFun) of 600mA and a pulse generator PulsePal

(OpenEphys)[25] was used to deliver blue light to neuronal cultures. The optogenetic stimulation

protocol consisted in 1h of illumination at 20Hz of frequency with 5ms-45ms pulses, in 1s ON-1s OFF

periods. In the case of DRG neurons, stimulation was applied 2h after seeding. For cortical neurons,

two different stimulation time-points after the axotomy were assessed: 30 min after axotomy and 6h

after axotomy. To assess neuronal activation, neurons were fixed at the end of the stimulation.

Uninjured cortical neurons were stimulated in this experiment.

In vitro *chemogenetic stimulation*

10µM CNO (Tocris) was added to DRG cultures 6h after axotomy and left in the media until fixation

(24h after the axotomy).

Corticospinal tract and dorsal columns axotomy

A fine incision to the skin between the shoulder blades of anaesthetized mice and subsequent muscle

removal allowed thoracic vertebral column exposure. A T9 laminectomy was performed, and the dura

mater was excised. In corticospinal tract injuries, two thirds of the spinal cord approximately were

severed laterally with a scalpel. In dorsal column axotomies (DCA), a dorsal hemisection was

conducted with fine forceps.

Sciatic nerve crush (SNC)

The sciatic nerve was exposed after a small incision on the skin over the posterior hindlimb and blunt

dissection of the gluteus maximus and the biceps femoralis. Fine forceps were used to carefully

compress the nerve orthogonally 2x10s. Animals were allowed to recover for 24h, when were then

sacrificed and the sciatic nerve and the sciatic DRGs (L4, L5, L6) were dissected and processed.

In vivo *optogenetic stimulation*

An optic fiber cannula (1.25mm, 0.22 NA; Thorlabs) was implanted in the motor cortex (M1) of Thy1-

ChR2 transgenic mice by stereotaxic surgery (–1mm antero-posterior (AP), 1.5mm lateral to Bregma,

0.5mm deep, (hind limb innervation region)) prior to injury and was fixed to the cranium with screws

and dental cement. Correct placement of the cannula was tested for each animal by assessing the

induction of unidirectional rotatory locomotion caused by unilateral optical stimulation of the motor

component of the hind limb; animals that did not show this response were excluded from the study. At

7 days post-injury (DPI) animals started receiving daily optogenetic stimulations consisting in 1h of

illumination with 470nm blue light, at 10Hz of frequency with 10ms pulses, in 1sON-4sOFF periods,

for 5 consecutive days, 2 resting days followed by 5 more days. The illumination was delivered through

the optic fiber cannula which was coupled to a 470nm wavelength LED source (M470F3, Thorlabs)

controlled by a pulse generator (Pulse Pal) [25]. The control group went through the same procedures

than the experimental group without receiving illumination.

In vivo *chemogenetic stimulation*

The commercial AAV5-hSynhM3D(Gq)-mCherry or the control virus AAV5-hSyn-mCherry

(Addgene) were injected into the sciatic nerve of C57BL/6J mice (1µL/sciatic nerve) 4-5 weeks before

the experiment. For chemogenetic stimulation, the animals received two daily intraperitoneal (i.p.)

injections of 5mg/kg CNO (Tocris). After DCA, injections were delivered starting from 3DPI and

lasted 7 consecutive days. In the case of SNC, the injections were given prior to injury: from 3 days

pre-injury to the same day of the injury (in total 4 days of chemogenetic stimulation).

Behavioural assessment of sensorimotor function

Sensorimotor deficits and recovery were evaluated using the gridwalk and the BMS (Basso Mouse

Scale) tests at -1, 1, 7, 14, 21, 28 and 35 DPI for CST injuries and at -1, 1, 3, 7, 10, 21 and 28 DPI for

DCA. During the gridwalk animals were recorded while walking three times on a grid of 1 x 1 cm

squares (total longitude of the grid: 50cm). The number of missteps in relation to the total number of

steps was blindly quantified. In BMS evaluations mice were allowed to freely move in an open field

and a score was assigned to each of them according to the BMS scale[26]. In brief, this scale grades

from 0 to 9 the locomotor capacity of the hind limbs depending on several aspects such as ankle

movement, paw placing and position or stepping.

Tracing of injured spinal cords

A fluorescent tracer (10% Dextran-Alexa 594, 10.000MW, ThermoFisher Scientific) was injected with

a stereotaxic frame (KOPF) into the motor cortex of animals with injured CST at 35DPI using the fibre

optic cannula hole, in order to trace the stimulated CST. The tracer was injected at 0.2 µl/minute for a

total of 1 µl, adding 5 more minutes at the end to avoid liquid spillage. 5 days were waited before

sacrifice, to allow the tracer to be reach the axonal terminations

Immunocytochemistry (ICC)

For immunocytochemistry (ICC), cells were fixed with 4% paraformaldehyde (PFA) 15 min on ice,

washed and incubated in blocking solution (1% Bovine serum albumin (BSA), 0,25% Triton X-100

(0,25% Tx) in 0.1M PBS) for 1h at RT. Primary antibody (βIII tubulin (Tuj1, 1:1000, BioLegend), c-

Fos (1:200, Cell Signaling), ChR2 (1:500, Progen), mCherry (1:500, Abcam) GFP (1:500,

ThermoFisher Scientific) was added to the cells in blocking solution and incubated O/N at 4ºC. After

washing, the cells were incubated 1h at RT with Alexa-Fluor-conjugated secondary antibodies (568

goat and 488 goat and donkey) and Hoechst (Sigma Aldrich).

Tissue processing for immunohistochemistry

Anaesthetized mice were transcardially perfused with ice-cold 4% paraformaldehyde (PFA) and the

spinal cord, the brain or the DRGs were dissected and allowed to post-fix in 4% PFA for 24h at 4ºC.

In peripheral experiments the sciatic nerves and the DRGs were directly dissected, as perfusion was

not needed, and allowed to fix in 4% PFA for 2h on ice. Fixed tissues were cryoprotected in 30%

sucrose in PBS for 24h at 4ºC, brains were then directly frozen and sliced at 30 μm with a freezing

microtome (2000R Leica), while spinal cords and DRGs were embedded in tissue freezing medium

(OCT, Sigma Aldrich), frozen and 18 μm or 10 µm slices respectively were obtained using a cryostat

(CM 1900 Leica) and directly mounted. For whole mount stainings cryprotection was not needed,

instead tissues were kept in 0.1M PBS.

Immunohistochemistry (IHC)

Prior to IHC, brain slices were maintained in cryoprotection solution (30% glycerol, 30% ethylene

glycol, 40% PBS). Brain IHCs were performed directly on free floating slices. Slices were blocked for

1h at RT (10% FBS, 0.5% Tx, 0.2% gelatine, 0.2M glycine in 0.1M PBS) and incubated with primary

antibody O/N at 4ºC (5% FBS, 0.5% Tx, 0.2% gelatine in 0.1M PBS; GFP (1:500, ThermoFisher

Scientific). Slices were then repeatedly washed with PBS-0.5% Tx, incubated with secondary

antibodies (Alexa Fluor 488 donkey; ThermoFisher Scientific) and Hoechst (Sigma Aldrich).

IHCs were performed directly on spinal cord or DRG preparations. Slides were blocked for 1h at RT

(Blocking solution: 8% BSA, 0.3% Tx in TBS) was added and incubated for 2h at RT, followed by

O/N incubation of primary antibody (GFAP (1:500, Dako); cFos (1:200, Cell Signaling); NFH (1:200;

Abcam)) in 2% BSA, 0.2% Tx in TBS at 4ºC. Secondary antibodies (Alexa Fluor 488 donkey and goat

and 568 goat; ThermoFisher Scientific) and Hoechst were added after washing with TTBS and

incubated 1h at RT.

Whole-mount IHCs were performed for sciatic nerves. Blocking solution (8% BSA, 1% Tx and 1/150

mαIgG (Fabs) in TBS) was added and incubated for 2h at RT, followed by 3 O/N of primary antibody

incubation (SCG-10 (1:1000, Novus Biologicals) in 2% BSA, 0.3% Tx in TBS at 4ºC. Secondary

antibodies (Alexa Fluor 488 donkey) were added after washing with TTBS and incubated 1 O/N at

4ºC.

Each preparation was subsequently mounted in Mowiol^{TM} (Sigma Aldrich).

Fluorescence intensity analysis

To measure c-Fos intensity, DRG neurons were immunostained for c-Fos and ChR2 and imaged at 40x

magnification with an Olympus microscope IX71 using an Orca Flash 4 (Hamamatsu Photonics). Only

ChR2^{+} cells were selected for this analysis. About 20 cells per well were analysed. The nuclei of the

cells were selected, and its mean c-Fos intensity determined by subtracting the corresponding

background value to the integrated density (Corrected total cell fluorescence; CTCF), measured using

ImageJ^{TM}.

Neurite and axonal length analysis

Images were taken at 10x magnification with an Olympus microscope IX71 using an Orca Flash 4 or

a CX50 Olympus camera. TUJ1, mCherry or GFP was used to immunolabel neurites and axons. For

DRG neurite analysis, three fields per well were analysed and the average neurite length per cell was

obtained. Small diameter (<35µm) neurons were excluded from the analysis. In microfluidic devices,

the percentage of regenerating axons normalized to the total number of axons reaching the axonal

compartment was determined. For cortical neuron cultures, 8-9 fields per device were analyzed. Either

average axon length or total area covered by axons was quantified. Neurite-J plugin in ImageJ^{TM}

software was used for neurite and axonal measurements [27]. Area measurements were measured using

ImageJ^{TM} software.

Sprouting quantification

To quantify the number of sprouting axons before and after the lesion, we measured the tracer

fluorescence intensity on sections at 0,5mm pre-injury and post-injury level. The spinal cord section

images were divided in two different ROIs corresponding to grey matter and white matter for analysis.

Spinal cord sections of stimulated and non-stimulated Thy1-ChR2 mice at 500µm rostral to the lesion

core were obtained using a confocal microscope (LSM 800, AxioCam 503c; Zeiss) at 10x

magnification. The number of double positive axons for Dextran-Alexa 594/ChR2-YFP in the grey

matter at different distances from the CST in the same section was computed and normalized to the

number of Dextran-traced CST.

Nerve regeneration analysis

Regenerating sensory axons were immunolabeled with SCG10. Whole mount preparations were

imaged with a confocal microscope (LSM 800, AxioCam 503c; Zeiss) at 5x magnification. 6-8 tiles

and 10-15 slices were obtained per nerve and the Blue Zen^{TM} and ImageJ^{TM} softwares were used to

reconstruct the nerve and obtain a Maximum Intensity Z-projection. The crush site was determined by

phase contrast images, the number of regenerating axons at several distances from the crush was

determined.

Statistical analysis

Prism 6.0 (GraphPad^{TM} Software) was used for statistics and graphical representation. Plotted data

shows mean±s.e.m (standard error of the mean). Normality was determined with Shapiro-Wilk test.

Significant differences are indicated by arterisks (*$p < 0.05$; **$p < 0.01$; ***$p < 0.005$; ****$p < 0.001$).

ANOVA followed by Bonferroni post hoc test or Student's t-Test were used in normal distributions as

opposed to Mann-Whitney or Kruskal-Wallis tests as non-parametric tests for samples that did not

meet normality.

Results

Optogenetic stimulation of DRG neurons increase their axonal growth in vitro

We first sought to determine if optogenetic activation of adult DRG neurons could enhance axonal

growth *in vitro*. Adult dissociated Thy1-ChR2 DRG neurons were optically stimulated and allowed to

grow for 24h.

Optical stimulation effectively increased neuronal activity in DRG neurons, as displayed by the

increased levels of c-Fos staining after stimulation (49627±4373 a.u. of nuclear CTCF intensity for

stimulated DRGs versus 33897±3212 a.u. of nuclear CTCF intensity for non-stimulated; *p*=0.0058

Student's t-Test) (Fig 1A-B)

Optically stimulated neurons showed increased neurite outgrowth (4053±433.1µm) after 24h of culture

when compared to non- stimulated ones (2029±647.7µm; *p*=0.0267 Student's t-Test) (Fig 1C-D)

Chemogenetic stimulation of DRG neurons improve their regenerative capacity after in vitro

axotomy and sciatic nerve crush

We then wanted to test if this increased growth capacity also translated in regenerative capacities after

axotomy. To this aim we first evaluated regenerative capacity of DRG neurons *in vitro* using

microfluidic assisted axotomy and chemogenetic stimulation. DRG neurons were seeded in custom

microfluidic devices as previously described, and hM3Dq or mCherry expression was induced by

infection with AAVs. Axons were allowed to grow for few days through the microchannels until they

reached the axonal chamber, and we then performed a vacuum assisted axotomy. CNO was

administered 6 hours after axotomy. Chemogenetic stimulation resulted in axonal regeneration

(*p*=0.0165; Student's t-Test) when compared to non-stimulated mCherry controls (Fig 2A-B).

We then wanted to determine if the *in vitro* results in fact translated to enhanced axon regeneration *in*

vivo after PNS injury. Due to the difficulty to apply light for long periods of time in awake animals in

the DRGs, we used chemogenetics for activity control. We first wanted to determine if DRGs were

transduced *in vivo*. AAV5-hSyn-mCherry or AAV5-hSyn-hM3Dq-mCherry were carefully injected

into the sciatic nerve and mCherry expression was examined 4-5 weeks later. Both vectors transduced

DRG neurons with similar efficiency (~35% of total DRG neurons; ~65% of large diameter (>35µm)

neurons (Supp Fig 1A-B). mCherry expression was mainly localized in the soma of large diameter

NFH$^+$ DRG neurons (Supp Fig 1C).

To verify the activation of DRG neurons *in vivo* after chemogenetic stimulation, we performed cFos

staining 1h after CNO administration, showing increased cFos signal only in hM3Dq animals compared

to mCherry controls (Fig 2B).

To assess the effects of neuronal activity on PNS regeneration, animals received 2 daily injections of

5mg/kg CNO 3 days before performing a bilateral SNC to guarantee four consecutive stimulation days

(Fig 2D). 24h after injury hM3Dq stimulated animals showed increased number of regenerating

sensory axons (SCG10$^+$) at further distances (>750µm) when compared to mCherry controls. The two-

way ANOVA showed a significant effect of the distance ($p< 0.0001$) and stimulation ($p=0.0145$) as

well as their interaction ($p=0.0101$). At 750µm from the injury stimulated animals showed 27.67±4.19

axons versus 12.78±3.34 axons on non-stimulated animals ($p=0.0694$ Bonferroni post Hoc test), at

1000µm from the injury stimulated animals showed 21.56±3.72 axons versus 6.44±1.43 axons on non-

stimulated animals ($p=0.0163$ Bonferroni post Hoc test), at 1250µm from the injury stimulated animals

showed 14.89±3.12 axons versus 3.11±1.14 axons on non-stimulated animals ($p=0.0261$ Bonferroni

post Hoc test), and at 1500µm from the injury stimulated animals showed 8.56±1.81 axons versus

1.56±1.06 axons on non-stimulated animals ($p=0.0259$ Bonferroni post Hoc test) (Fig 2D-E).

Optogenetic stimulation of cortical neurons does not improve the sensorimotor performance after

SCI

We then wanted to test if this increased regeneration capacity also was present in the CNS neurons. To

this aim we first evaluated regenerative capacity of cortical neurons *in vitro* after optogenetic

stimulation. Embryonic cortical neurons were seeded in custom microfluidic devices as previously

described, ChR2 was induced by infection with LV-ChR2 (Fig 3A), and activation of neurons upon

stimulation was assessed by cFos staining immediately after stimulation (Fig 3B). Axons were allowed

to grow for few days through the microchannels until they reached the other chamber, when a vacuum

assisted axotomy was performed. Optogenetic stimulation of cortical neurons decreased the axonal

regrowth when stimulated 30 minutes after the axotomy Fig 3C). In contrast, 6 hours after axotomy,

optogenetic stimulation resulted increase in axonal regrowth when compared to non-stimulated ones

($p=0.0056$; Mann-Whitney test; Fig 3D-F). To control the intrinsic effect of blue light on neuronal

growth, we applied the light stimulation pattern on non-stimulated (GFP controls) embryonic cortical

neurons and observed no difference in axonal growth (Fig 3E).

To test if these results further translated to a better motor performance after SCI *in vivo*, we implanted

optic fibre cannulas on Thy1-ChR2 animals, that have the cortical expression of ChR2 predominantly

concentrated in the layer V, where corticospinal motor projecting neurons lay (Supp. Fig 2A). After

recovery, animals were subjected to a CST axotomy, and optical stimulation was performed daily from

day 7 after injury (Fig 4A). Stimulated animals did not show any improvement in their motor

performance on the Gridwalk (Fig 4B) or the BMS (Fig 4C) when compared to non-stimulated controls.

For each test evaluated, the two-way ANOVA showed a significant effect of the time (BMS $p<0.0001$;

Gridwalk $p<0.0001$) but neither from the stimulation (BMS $p=0.7201$; Gridwalk $p=0.1308$) nor from

their interaction (BMS $p=0.9905$; Gridwalk $p=0.0707$). In all tests, non-significant changes were

observed for each timepoint when compared stimulated versus non-stimulated mice (Bonferroni

multiple comparisons test).

These results indicate that embryonic CNS neurons have the ability to increase their axonal growth

capacity *in vitro* when stimulated, but there are inhibitory signals in the CNS injury that block this

regeneration *in vivo.*

Chemogenetic stimulation of DRG neurons does not improve their sensorimotor performance after

SCI

To test whether the lack of in vivo functional recovery was due to an intrinsic inability to regenerate

from corticospinal neurons or the presence of an extrinsic inhibitory signal in the CNS injury, we tested

the effects of chemogenetic stimulation on DRG neurons after a dorsal hemisection *in vivo*. Similarly,

to what was done for the PNS injury, AAV5-hSyn-mCherry or AAV5-hSyn-hM3Dq-mCherry were

carefully injected into the sciatic nerve to induce its expression on the DRG (Supp Fig 1A-C). 4-5

weeks later animals were subjected to a dorsal hemisection, and 3 days after injury animals received 2

daily injections of CNO (5mg/kg b.w.) for 7 days (Fig 4 D). As observed for the cortical stimulation,

stimulated animals did not show any improvement in their motor performance on the Gridwalk (Fig

4E) or the BMS (Fig 4F) when compared to mCherry-veh, mCherry-CNO or hM3Dq-veh controls.

For each test evaluated, the two-way ANOVA showed a significant effect of the time (BMS $p<0.0001$;

Gridwalk $p<0.0001$) but neither from the stimulation (BMS $p=0.2289$; Gridwalk $p=0.0694$) nor from

their interaction (BMS $p=0.3614$; Gridwalk $p=0.0785$). In all tests, no significant changes were

observed for each timepoint when compared stimulated versus non-stimulated mice (Bonferroni

multiple comparisons).

These results suggest the presence of inhibitory cues after CNS injury that could be blocking the

regeneration induced by neuronal stimulation. In contrast after PNS injury where no inhibitory

environment is present stimulation did induce enhanced growing capacities.***Optogenetic stimulation***

of DRG neurons increase their axonal growth in vitro, only on permissive substrates

To further assess the impact of CNS inhibitory signals in the activity-induced increased axonal growth,

we cultured adult DRG neurons in both permissive (Laminin) and different concentrations of inhibitory

(CSPG) substrates and subjected them to optogenetic stimulation.

As previously observed (Fig 1C-D), optogenetic stimulation increased the neurite outgrowth in

permissive substrates (3761±290.8µm for stimulated DRGs versus 2735±162.9µm for non-stimulated

DRGs), but not on neurons seeded at any concentration of CSPGs, including the 5µg/ml concentration,

that did not reduce basal growth, where optogenetic stimulation did not produce any change in neurite

outgrowth (Fig 5A-B), the two-way ANOVA did not show a significant effect from the stimulation

($p=0.4785$), but it did show a significant effect of the substrate ($p<0.0001$) and their interaction (

$p=0.0398$), highlighting the blockage of the stimulation effects in the presence of CSPGs.

Optogenetic stimulation of corticospinal motor neurons increases prelesion sprouting but does not

induce regeneration across the lesion.

Since activity dependant therapies have been shown to increase lateral sprouting and plasticity [17–19,

28–30], we sought to investigate if our stimulation paradigm increased the sprouting of injured axons

before the lesion. To this aim, we analysed the spinal cords of stimulated Thy1-ChR2 mice after tracing

their corticospinal tracts. Interestingly, we found that optogenetic stimulated animals did show more

axonal tracing in the grey matter (33.60±1.13 a.u. of CTCF intensity for stimulated animals versus

23.27±0.89 a.u. of CTCF intensity on non-stimulated animals; p=0.0015 Student's t-Test) in segments

before (-0.5mm) the injury, but not beyond (+0.5mm) the injury (14.61±1.21 a.u. of CTCF intensity

for stimulated animals versus 12.80±0.47 a.u. of CTCF intensity on non-stimulated animals; p=0.30328

Student's t-Test) (Supp Fig 2B-C). Additionally, we also quantified the number of sprouted axons in

the grey matter as a ratio from traced CST axons (in order to normalize the tracing efficiency between

animals). Interestingly we found that stimulated animals showed a significantly higher percentage of

traced sprouts up until 400µm ventrally and laterally from the CST. The two-way ANOVA showed a

significant effect of the distance (p<0.0001), the stimulation (p=0.0401) as well as their interaction

(p=0.0013). These findings suggest that the positive effects of modulation of the activity on the axonal

regrowth are inhibited by CNS inhibitory signals present in the injury.

Discussion

Neuronal activity-triggered plasticity is commonly recognized as the main component of recovery in

current activity-based therapies [31, 32], however, this is mainly built on therapies that use exercise or

electrical stimulation to induce neuronal activity (as in [17–19, 28–30]). Even so, even though these

approaches increase neuronal activity, they do so without cellular specificity, hindering the

identification of underlying cellular and molecular mechanisms induced by neuronal activity itself.

Taking advantage of the cellular specificity of optogenetics and chemogenetics [20, 21] we performed

different experiments to assess the specific cellular effects of neuronal activity on axonal growth using

different *in vitro* and *in vivo* neuronal models.

Consistent with previous works [23, 33–35], we showed that increasing neuronal activity on DRG

sensory neurons enhanced axonal growth in non-inhibitory *in vitro* and *in vivo* peripheral injury

models. Additionally, and still accordingly to previous studies [36], we also demonstrated these effects

in embryonic cortical cells *in vitro,* highlighting the presence of similar mechanisms among different

neuronal types.

It is important to mention that before the achievement of these results, a fine tuning of the stimulation

protocol was needed, as axonal growth capacities showed to be highly dependent on the timing after

injury and the pulse frequency during the stimulation (data not shown), highlighting the fact that

neuronal activity needs, not only to be stimulated, but to be finely regulated in order to promote the

desired outcomes. For instance, high frequency stimulations (>20Hz in 1 second trains, or >10Hz in

continuous stimulation) reduced the axonal growth *in vitro,* and induced seizures *in vivo*. This has also

been emphasized in previous studies indicating activity-dependant effects on gene expression [37–39]

and plasticity (reviewed in [40]).

Meanwhile, timing of stimulation after injury seems to be very relevant as well, as stimulating 30 min

after axotomy results in reduction of axonal growth compared to non-stimulated controls. This might

be caused by the ionic imbalance generated by membrane disruption after axonal injury, that leads to

exaggerated Ca^{2+} influx. Membrane sealing and restoring the ionic balance and permeability occurs

early after injury, but maintaining neuronal depolarization during this period leads to the activation of

some voltage gated cation channels that have been shown to inhibit growth [15, 41, 42] In accordance,

little changes in the stimulation patterns might lead to opposed effects, therefore we used optogenetics

whenever possible as our method of choice to stimulate activity since it allowed us a higher temporal

resolution [43]. Nonetheless, the anatomical setting of the DRGs impeded the implantation of a

permanent optic fiber canula, and therefore did not allow us to perform awake stimulations, as this

would have compromised the wellbeing of the animals, therefore, we opted for a chemogenetic

approach for *in vivo* DRG stimulation. Effectively, this method rendered similar results on neurons as

those observed *in vitro* with optogenetics, resulting in enhanced regeneration. For this experiment we

delivered the chemogenetic agonist (CNO) before the injury (as a preconditioning to allow enough

stimulation days in this setting), leading to similar effects as those observed in previous studies using

enriched environment [44] or electrical stimulation [15, 16, 45] as a preconditioning.

Since our *in vitro* and PNS injury results have shown comparable regeneration outcomes than electrical

stimulations [46–48], we believe that neuronal activity itself might be responsible, at least partially, of

these effects on axonal growth.

However, when we tested this paradigm in an *in vivo* model of SCI, we found that optogenetic

stimulation of spinal-projecting cortical neurons did not promote the expected functional recovery after

SCI, contrarily to what other studies observed using electrical stimulation [17–19], or exercise [29, 30,

49] showed.

We then focused on clarifying whether our model did not induce any kind of axonal regeneration, or it

did, but was insufficient to promote recovery. In that sense, an *in vivo* CNS model of injury implies

the presence of a number of factors absent in our previous experiments, including both the presence of

an intrinsic lack of regenerative capacity as well as the presence of extrinsic inhibitory substrates for

regeneration [9, 50, 51]. Accordingly, when we performed further histological characterization

together with complementing *in vitro* experiments, we found that stimulated neurons displayed

increased axonal growth in permissive substrates (laminin), but not in growth inhibitory substrates

(CSPGs), and stimulated neurons showed an increased amount of growth and sprouting in the rostral

vicinity of the injury, especially in the grey matter of the SC, but not caudally across or beyond the

injury. While we cannot exclude that the lack of regeneration across the injury might be due, at least

in part, to the intrinsic low regenerative capacity of corticospinal neurons, our data suggests that

neuronal activity stimulates the axonal growth capacity of these neurons, as seen in embryonic cortical

neurons *in vitro*, through a mechanism that cannot overcome the repressive signalling of growth-

inhibitory molecules, such as CSPGs. Additionally, *in vivo* injured neurons when stimulated start

growing through uninjured areas of the SC, similarly to what is described in other studies with classical

stimulation approaches [17–19], where injured and uninjured axons grow axonal processes searching

for spared intraspinal circuitry, these new connections will eventually restore the injured connections

through neuronal plasticity, bypassing the injury [52]. Interestingly, classical non-specific stimulations

such as epidural electrical stimulation or rehabilitation lead to stimulation of intraspinal circuits,

involving spinal interneurons and motoneurons, this stimulation in turn promotes the reorganization

and activation of this circuitry [53]. Whether the lack of these functional effects with our paradigm was

due to a shorter stimulation period, or that it lacked the direct stimulation of this intraspinal circuitry

and thus not inducing the plasticity needed, remains still unanswered. However, a recent study also

observed a blockage of activity-induced axonal growth in the presence of inhibitory-substrates after

cellular specific stimulation [54]. In this study, functional recovery after SCI was only achieved after

combining chemogenetic stimulation and ChABC administration (a CSPG degrading enzyme) [54],

surprisingly functional recovery was only achieved after 6 weeks of continuous combined treatment.

In contrast to both this work and our results, both chemogenetic stimulation and visual stimulation

induce functional regeneration after optic nerve crush, a CNS injury model [55]. Importantly however,

the expression of the different chemogenetic receptors in this study was induced by intravitreal

injection of the vectors, meaning that retinal interneurons, including amacrine and bipolar cells, will

most likely be expressing the channels and be subjected to stimulation upon agonist administration.

This paradigm resembles to that of electrical stimulation, considering activation of this retinal

interneurons might be inducing neuronal plasticity that facilitates functional recovery.

There is plenty of evidence that neuronal activity itself is key in promoting regeneration and recovery,

however, the presence of growth inhibitory substrates in the injured CNS limits the success of activity-

based therapies. In line with this, combining functional rehabilitation or exercise with CSPG degrading

therapies (including ChABC [56, 57] or ADAMTS4 (a disintegrin and metalloproteinase with

thrombospondin motifs 4) (Griffin et al., 2020)) lead to synergistic effects, even when applied at

chronic time-points [57]. These reinforce the concept that multifactorial therapies are the way to go in

order to tackle the different aspects of the pathophysiology of SCIs [59].

Although neither our experiments nor other studies [54], did not demonstrate the presence of an

activity-triggered transcriptional switch, more chronic stimulations could be leading to it, although

with our current knowledge, more local and transient cellular mechanisms seem responsible of the the

growth differences observed with stimulation of activity specifically at a cellular level. For example,

neuronal activity changes the excitability of neurons through reorganization of several ionic channels

[41, 60, 61]. This can in turn influence growth, as a result of intracellular ionic adjustments and their

downstream associated signalling [42, 62], or even translational changes [41]. Neuronal activity can

also alter neuronal metabolism, increasing glycolysis, and lipid synthesis and integration to the

membrane, a cellular process essential during axonal extension [63, 64]. Another important cellular

component altered by activity is the cytoskeleton and its dynamics, for instance, neuronal activity has

been shown to increase dendritic spine microtubule polymerization [65]. Accordingly, chemogenetic

stimulation increases microtubule dynamics in the distal axonal portion, by reducing tubulin

acetylation and increasing tyrosination in this region [54]. These mechanisms may not be exclusive,

on the contrary, they are likely to take place all together facilitating activity-induced axonal growth.

On the other hand, success of activity-based therapies does not depend solely on the cellular effects of

activity modulations, instead, these therapies, that target activity in a more general and chronic way (as

different neurons or even circuits are stimulated simultaneously), benefit from a raised general

excitability that seems to be ultimate the responsible for the plasticity and reorganization that leads to

recovery [52]. In that direction, rehabilitation and electrical stimulation after injury promote the

formation of new synapses in the spinal cord [49, 66], respiratory function recovery after optogenetic

stimulation is also attributed to synaptic plasticity [67], and a recent study showing that rehabilitation

together with electrochemical stimulation promotes recovery, is credited to cortico-reticulo-spinal

circuit remodelling [68]. Additionally, sprouting of spared axons, instead of injured ones, is also

responsible for recovery after exercise and/or electrical stimulation [17–19, 29, 30]. In agreement to

that, success of these approaches is only significant in incomplete injuries, and greater as more tissue

is spared. Incomplete injuries might also help explaining why in our model we did not observe recovery

after optogenetic stimulation of the motor cortex while others did [69], as different spinal injuries were

used. Compellingly, compression injury leaves more uninjured tissue and spinal tracts than our injury,

that axotomizes all the dorsal tracts, including the main component of the CST in mice. Besides,

complete injuries also present larger glial scars, and therefore greater accumulation of growth

inhibitory molecules, which translates in larger distances and hurdles to overcome or bypass to achieve

functional connections, together with a greater loss of intraspinal circuits.

These observations strengthen the view that current activity-based therapies stimulate plasticity on top

of inducing regeneration in specifically stimulated neurons, but probably without inducing long-lasting

cellular reprogramming. This plasticity results from activity-triggered local changes, therefore

prolonged stimulations are more effective increasing growth or regeneration [52]. This is also

evidenced by the presence of functional recovery after 12, but not after 4 weeks of chemogenetic

stimulation [54]. Therapeutically, holistic more unspecific approaches, have a more potent effect than

cellular specific stimulations alone, as evidenced by enriched environment compared to chemogenetic

stimulation, which presents a lower rate of regeneration [44]. Studies have also shown that this activity-

induced plasticity can be accelerated and improved by linking the activation of different relays

topographically in a system [53, 70, 71]. These systems are however more challenging to define

underlying mechanisms and understand the true nature of the gains of these therapies.

Briefly, we found that specific cellular stimulation of neuronal activity induced axonal growth, but

only in the absence of inhibitory substrates. Likewise, this approach seems to be therapeutically less

efficient in enhancing recovery than other more chronic or general stimulations. This also suggests and

strengthens the idea that activity-based therapies succeed because of local transient cellular changes

coupled with neuronal plasticity, rather than resulting in a cellular reprogramming of growth capacities,

and because of that, longer stimulation periods elicit more robust responses.

Conclusions

List of abbreviations

Declarations

Ethics approval and consent to participate

Not applicable

Consent for publication

Not applicable

Availability of data and materials

All data generated or analysed during this study are included in this published article or available

from the corresponding author on reasonable request.

Competing interests

The authors declare that they have no competing interests" in this section.

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Authors' contributions

FMV performed, designed experiments, performed data analysis, and wrote the manuscript; SMT

performed and designed experiments and performed data analysis; JADR supervised experiments,

provided experimental funds and edited the manuscript; AH performed, designed experiments,

performed data analysis, provided experimental funds, and wrote the manuscript.

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responses. Journal of Physiology 595:6953–6968

2   **Figure legends**

Figure 1. Increased neuronal activity promotes neurite outgrowth. A. Representative images of

c-Fos (red) and ChR2 (green) immunostaining. White arrows depict ChR2$^+$ neurons. Scale bar:

100μm. a. Higher magnification image of a stimulated neuron. ChR2 expression is mainly located in

the membrane of large-diameter neurons. Scale bar: 20μm. B. c-Fos expression in the nucleus is

increased just after optogenetic stimulation of Thy1-ChR2 DRG neurons (n=20-25 cells). MFI: mean

fluorescence intensity. a.u.: arbitrary units. Data are expressed as mean nuclear fluorescence

intensity±s.e.m. **p < 0.01 denotes significant differences in Student's t-Test. C. Stimulated neurons

presented significantly higher neurite lengths when compared to non-stimulated ones. Average

neurite length per neuron was determined at 24h *in vitro*. Data are expressed as mean±s.e.m. *p $<$

0.05 denotes significant differences in Student's t-Test. D. Representative images of Tuj-1 staining

used to analyze neurite length. Scale bar: 200μm.

Figure 2. Chemogenetic stimulation induced PNS regeneration. A. Chemogenetically stimulating

DRG neurons *in vitro* 6h after axotomy resulted in regeneration promotion. Data are expressed as the

mean percentage of infected regenerating axons compared to the total of infected axons reaching the

axonal compartment±s.e.m (n=7-8 axonal compartments). *p < 0.05 denotes significant differences

in Student's t-Test. B. Representative images of hM3Dq/mCherry$^+$ axons. Scale bar: 50µm. C. c-Fos

nuclear staining is observed in hM3Dq infected DRG neurons (white arrows) 1h after CNO injection,

but not in mCherry$^+$ DRG neurons after the same treatment. Scale bar: 25µm. D. Schematic timeline

of the experiment. E. The number of regenerating sensory axons (SCG-10$^+$) in stimulated nerves

(hM3Dq-CNO) is increased in all assessed distances compared to the non-stimulated (mCherry-

CNO) reaching statistical significance in long distances. Data are expressed as mean±s.e.m. at each

distance from the injury site (n=9 sciatic nerves). *p < 0.05 denotes significant differences in

ANOVA followed by Bonferroni test. F. SCG-10 immunostaining of mCherry or hM3Dq infected

sciatic nerves 24h after SNC. Dotted lines indicate the injury site. Scale bar: 200µm.

Figure 3. Optogenetic stimulation of cortical neurons after axotomy. A. Cortical neurons (Tuj-1)

express ChR2-eYFP after LV-ChR2 infection. White arrows in the high magnification image indicate

neuritic expression of ChR2. Scale bar: 250µm. B. Optogenetic stimulation increased the expression

of c-Fos in cortical neurons. Representative images of c-Fos (red) and ChR2 (green) immunostaining.

Scale bar: 20µm. C-D. Optogenetic stimulation of cortical neurons 30min after axotomy (B) resulted

in reduced axon regeneration, while delivering the stimulation 6h after axotomy (C) increased axon

regeneration. Individual ChR2$^+$ axon lengths were quantified (B: n=16 images; C: n=37-43 images).

Data are expressed as mean±s.e.m. ***p < 0.001 denotes significant differences in Student's t-Test;

**p < 0.01 denotes significant differences in Mann Whitney test. E. Optogenetic stimulation (Light)

of WT cortical neurons did not induce any changes in axonal regeneration. Total growth

area/microchannel was computed (n=7-8 images). Data are expressed as mean±s.e.m. F.

Representative images of GFP/YFP staining used to analyze axon regeneration when stimulation is

applied 6h after axotomy. Scale bar: 200µm.

Figure 4 Increasing neuronal activity does not induce recovery after CNS injury. A. Timeline

of the CST injury and stimulation experiments. B-C. % of missteps in the gridwalk test (B) (n=8-9

mice per group for each timepoint) and BMS score (C) (n=10 mice per group for each timepoint)

show no differences in sensorimotor recovery in stimulated Thy1-ChR2 (ChR2 Light) mice when

compared to non-stimulated (ChR2 No light) after CST injury. D. Timeline of the DCA and

stimulation experiments. E-F. Chemogenetically stimulated animals (hM3Dq-CNO) show similar

sensorimotor function recovery to non-stimulated ones (mCherry-CNO, mCherry-veh , hM3Dq-veh)

after DCA as seen by the gridwalk (E) (n=3-5 mice per group for each timepoint) and BMS (F) (n=5-

6 mice per group for each timepoint) tests. Represented data correspond to the BMS score and % of

missteps in the gridwalk. Data are expressed as mean±s.e.m. ANOVA followed by Bonferroni post-

hoctest.

Figure 5. Neuronal activity induces growth but is not sufficient to overcome inhibitory

environments. A. Neurite outgrowth was significantly increased in optogeneticallty stimulated DRG

neurons over growth-permissive substrates (LAM: laminin), but not over different concentrations (5,

10, 20 µg/ml) of non-permissive substrates (CSPGs). Average neurite length per neuron was

determined at 24h *in vitro*. Data are expressed as mean neurite length per cell±s.e.m (n=6-23 images).

**p < 0.01 denotes significant differences in ANOVA followed by Bonferroni test. B. Representative

images of Tuj-1 staining used to analyze neurite length. Scale bar: 200µm. C. Representative images

of traced (Dextran-Alexa594) CST and ChR2-YFP in stimulated and non-stimulated Thy1-ChR2

mice in spinal cord sections 500µm rostral to the lesion core. Scale bar: 100µm. c. Higher

magnification images. White arrows indicate double-positive Dextran-Alexa 594/ChR2-YFP

sprouted axons. Scale bar: 50µm. D. The number of double-positive Dextran-Alexa 594/ChR2-YFP

sprouted axons in the grey matter as a normalized ratio of Dextran-Alexa 594-traced CST axons

shows a significantly higher percentage of sprouted axons in stimulated animals at distances up to

400µm laterally and ventrally from CST. Data are expressed as mean±s.e.m. at each distance from

the CST (n=4 mice) ***$p < 0.001$; **$p < 0.01$ denote significant differences in ANOVA followed by

Bonferroni test.

Supplementary Figure 1. AAV-mCherry and AAV-hM3Dq infection of DRG neurons. A.

Images of mCherry expression in AAV-mCherry and AAV-hM3Dq infected DRG neurons 4-5

weeks after viral injection. Scale bar: 100µm. B. Large-diameter DRG neurons are preferentially

infected. % of large-diameter (diameter >35µm) infected neurons was analyzed (n=7-9 DRGs). Data

are expressed as mean±s.e.m. C. Both AAVs infect NFH$^+$ cells. Scale bar: 30µm.

Supplementary Figure 2. ChR2 expression and growth after CST axotomy in Thy1-ChR2 mice.

A. While some layer II-III neurons express ChR2, expression is concentrated in layer V neurons.

Scale bar: 100µm. B. Schematic representation of the quantification in C. The spinal cord was

divided in grey matter and white matter for analysis. C. Tracer intensity quantification of injured

stimulated and non-stimulated Thy1-ChR2 mice at 0,5mm pre-injury and post-injury. Optogenetic

stimulation of the CST resulted in increased sprouting in the grey matter pre-injury, but not post-

injury. a.u.: arbitrary units. Data are expressed as mean tracer intensity±s.e.m (n=5 spinal cords). **p

< 0.01 denotes significant differences in Student's t-Test.

Figure 1

Figure 2

Figure 3

Figure 4

Figure 5