

# Noninvasive cortical stimulation enhances motor skill acquisition over multiple days through an effect on consolidation

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**Motor skills can take weeks to months to acquire and can diminish over time in the absence of continued practice. Thus, strategies that enhance skill acquisition or retention are of great scientific and practical interest. Here we investigated the effect of noninvasive cortical stimulation on the extended time course of learning a novel and challenging motor skill task. A skill measure was chosen to reflect shifts in the task's speed-accuracy tradeoff function (SAF), which prevented us from falsely interpreting variations in position along an unchanged SAF as a change in skill. Subjects practiced over 5 consecutive days while receiving transcranial direct current stimulation (tDCS) over the primary motor cortex (M1). Using the skill measure, we assessed the impact of anodal (relative to sham) tDCS on both within-day (online) and between-day (offline) effects and on the rate of forgetting during a 3-month follow-up (long-term retention). There was greater total (online plus offline) skill acquisition with anodal tDCS compared to sham, which was mediated through a selective enhancement of offline effects. Anodal tDCS did not change the rate of forgetting relative to sham across the 3-month follow-up period, and consequently the skill measure remained greater with anodal tDCS at 3 months. This prolonged enhancement may hold promise for the rehabilitation of brain injury. Furthermore, these findings support the existence of a consolidation mechanism, susceptible to anodal tDCS, which contributes to offline effects but not to online effects or long-term retention.**

long-term retention | motor cortex | motor learning |  
transcranial direct current stimulation (tDCS) |  
transcranial magnetic stimulation (TMS)

**A**ccurate motor performance is essential to almost everything we do, from typing, to driving, to playing sports. Having a motor skill implies a level of performance in a given task that is only achievable through practice (1). Evidence indicates that motor skill learning can continue over a prolonged time period (2–5). Within-session performance improvements (online effects) occur in the minutes or hours of a single training session and continue over days and weeks of repeated training sessions until performance nears asymptotic levels. Changes in performance can also occur between training sessions (offline effects), i.e., performance at the beginning of session  $n + 1$  is different from performance at the end of session  $n$  (6, 7). We have intentionally chosen to avoid the use of the term “offline learning” because it has been used to refer to both a physiological process (consolidation) (6) and a particular measurement result (a positive offline effect) (8). Offline effects could also be negative, presumably because of forgetting processes (7). Skills can be retained to varying degrees over weeks to months after the completion of training (long-term retention) (5). Here we investigated the effect of noninvasive cortical stimulation on measurements of these 3 temporal components of skill learning

(online effects, offline effects, and long-term retention). The principle underlying this approach is that if a perturbation has selective effects on these measures, then this would support the existence of distinct mechanistic processes corresponding to the 3 temporal components of skill learning (9).

Noninvasive brain stimulation methods have been used to modulate cortical excitability (10–12) and to perturb initial motor learning and consolidation (8, 13, 14). Anodal transcranial direct current stimulation (tDCS) delivered over the primary motor cortex (M1) increases motor cortical excitability without direct neuronal depolarization at the low intensities used in humans, whereas cathodal tDCS decreases cortical excitability (12). A single application of anodal tDCS over M1 has been shown to induce transient performance improvements in various motor tasks (15–18). Because these studies only examined the effects of tDCS within a single session, the relative impact of anodal tDCS on online effects, offline effects, and long-term retention is not known.

To examine the effect of tDCS on the different temporal components of motor skill learning, we devised a new sequential visual isometric pinch task (SVIPT) that is sufficiently difficult to ensure that performance continues to improve over 5 days of training (see [supporting information SI Methods](#) for full description of the task). The difficulty of the task made it comparable to real life skills, which often take weeks to months to acquire (3). To quantify skill we first empirically derived the speed-accuracy tradeoff function (SAF) for the SVIPT. This derivation is critically important, because otherwise it is not clear how to relate changes in speed and accuracy to a change in skill. We think that the formal consideration of changes in the SAF with training is a conceptual advance in the study of skill learning. For example, if a tennis player hits 125-mph serves but only gets 25% of the balls in the service box, is he more, less, or equally skilled in comparison to a player who hits the ball at 100 mph but gets 50% of the balls in? Answering this question in general requires the ability to distinguish between whether (*i*) the SAF has changed (which would mean that skill has changed) or (*ii*) performance has been sampled at a different place on the same

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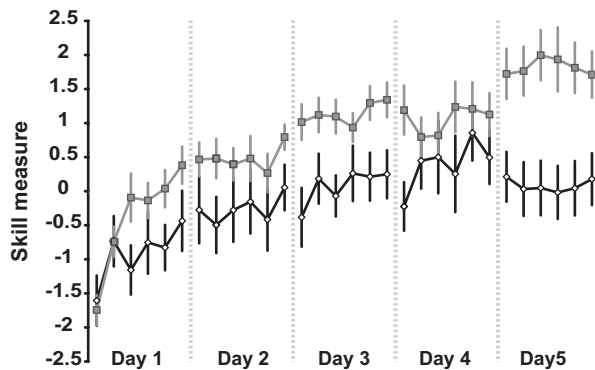
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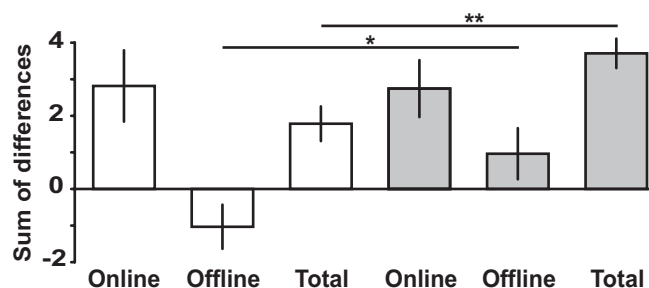
**Fig. 4.** The learning curve for the sham (white diamonds) and anodal (gray squares) tDCS groups for the 30 training blocks over 5 days. Each block depicts the group mean of the averaged number of trials (40 in blocks 1 and 6; 30 in blocks 2–5). The dotted lines represent breaks between consecutive days. Both groups started with comparable skills at the beginning of day 1, but by day 5 the anodal tDCS group had acquired more skills than the sham tDCS group.

first block of day 1 ( $P = 0.8199$ ). As expected, the sham tDCS group exhibited positive total skill learning over the training course ( $P = 0.002$ ). The anodal tDCS group exhibited greater total learning than the sham tDCS group ( $P = 0.005$ ).

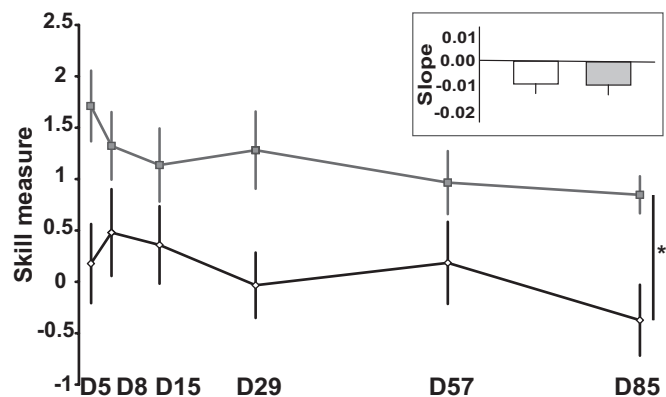
To determine whether this learning-enhancing effect of tDCS was polarity specific, a separate group of 12 subjects was trained over 5 days with synchronously applied cathodal tDCS. There was no significant difference in total learning between the cathodal and the sham tDCS groups ( $P = 0.494$ ), but there was a significant difference in total learning between cathodal and anodal tDCS ( $P = 0.0055$ ) (Fig. S1). Thus, the observed effect of tDCS on skill acquisition is indeed polarity specific.

#### Anodal tDCS Enhanced Acquisition Through Positive Offline Effects.

After establishing a difference in total learning between anodal tDCS and control conditions, we next determined the relative impact of anodal tDCS on online (within-day) and offline (between-day) effects. There was no significant difference in online effects between the 2 groups ( $P = 0.954$ ) (Fig. 5), but a significant difference in offline effects ( $P = 0.04$ ) (Fig. 5). In fact, the sham group showed negative offline effects (difference from zero:  $P = 0.05$ ), as has been described in other skill learning studies (7, 19, 20). In contrast, the anodal tDCS group showed a trend toward positive offline effects (difference from zero:  $P = 0.091$ ). Therefore, as total learning is simply the sum of online and offline effects, the improved total learning in the anodal



**Fig. 5.** Online and offline effects. Online (within-day) and offline (between-day) effects and total learning (online + offline) in the sham tDCS (white bars) and anodal tDCS (gray bars) groups are shown. Note that the significantly greater total learning in the anodal tDCS group (last gray bar) was predominantly driven by significantly greater offline effects compared to sham tDCS, in the absence of differences in online effects. Data show mean (bars)  $\pm$  SEM. \*,  $P < 0.05$ ; \*\*,  $P < 0.01$ .



**Fig. 6.** Retention of skill. Skill at D5 and at follow-up sessions on D8, D15  $\pm$  1, D29  $\pm$  2, D57  $\pm$  2, and D85  $\pm$  2 is shown. Skill in the anodal tDCS group (gray squares) remained superior to the sham tDCS group (white diamonds) at all times, including D85. Small inset: retention, the time-weighted slope measure, calculated within single subjects over the follow-up period, did not differ between the sham (white bar) and anodal (gray bar) tDCS groups. Data show mean  $\pm$  SEM. \*,  $P < 0.01$ .

tDCS group appears to be driven by the positive offline effect. We ruled out the possibility that the positive offline effect in the anodal tDCS group was because of an enhancement of learning rate within the first 40-trial block of each day by assessing offline effects with only 5 trials. There was a significant difference for offline effects between the anodal tDCS and sham tDCS groups using this higher resolution offline measure ( $P = 0.00065$ ), with the anodal tDCS group showing a significant positive offline effect ( $P = 0.00048$ ) and the sham tDCS group showing a significant negative offline effect ( $P = 0.019$ ). We conclude that anodal tDCS applied synchronously with training induces offline gains, in contrast to an offline loss seen in the sham tDCS group.

**Anodal tDCS Did Not Enhance Long-Term Retention.** Skill retention was evaluated with a single testing block of 40 trials at 5 time points over a period of 3 months (Figs. 2B and 6). The 2 groups forgot at the same rate even though they started from different levels of skill on day 5 (Fig. 6). The slopes of forgetting across the 85 days between conditions were not significantly different ( $P = 0.971$ ) (Fig. 6, inset). The persistence of greater skill in the anodal tDCS group compared to the sham tDCS group at all recall time points indicates the robustness of the tDCS effect. The skill measure was still significantly higher in the anodal tDCS group compared to the sham group at day 85 ( $P = 0.005$ ). We conclude that anodal tDCS increased total skill learning over the 5 training days, but did not change the rate of forgetting after training.

#### Discussion

We investigated the effect of anodal tDCS applied over M1 on motor skill acquisition over 5 consecutive days and its retention at several time points over a 3-month follow-up period. First, anodal tDCS in combination with training led to significantly greater total learning at the end of 5 days compared to sham. Second, the greater total learning in the anodal tDCS group was primarily mediated through induction of positive offline effects. Third, anodal tDCS did not affect the rate of forgetting over the 3-month follow-up period. The greater total learning in the anodal tDCS group at the end of day 5, however, meant that skill remained superior in this group compared to sham tDCS at 3 months.

**Skill.** Previous studies of skill learning have reported speed and accuracy measures separately (5, 21, 22). As explained in the

Introduction, these parallel measures can lead to ambiguity if they change in opposite directions (23) or if changes are subtle. Here we formally defined skill acquisition as a change in the SAF. We first derived a skill measure on the basis of empirical estimations of the SAF in separate groups of subjects. We were then able to use this skill measure for the main tDCS experiment without needing to generate SAFs at each time point.

The task used in this study was designed to assess skill rather than adaptation. Adaptation allows the motor system to regain former levels of performance in the setting of a perturbation, whereas skill is the acquisition of a higher level of performance (24, 25). Within the computational framework of optimal feedback control, it could be posited that adaptation is mediated through changes in a forward model, whereas skill represents a slower process of acquiring an optimal feedback control policy (26). This difference is apparent in the respective time course for these 2 kinds of motor learning. Adaptation to a perturbation—whether it is to prisms, visuomotor rotations, or force fields—reaches asymptote within 1 day (27, 28). In contrast, skills take much longer to acquire (3, 5, 22, 29). In this context, we consider the SVIPT a skill task because subjects improve their level of performance, reflected in a new SAF, over a prolonged period. Therefore, it shares psychophysical similarities with other skills such as sequential finger tapping or piano playing rather than with adaptation tasks or the serial reaction time task (SRTT), which measures acquisition of sequence order rather than performance accuracy (30). In the context of brain stimulation and localization, the distinction between adaptation and skill is particularly important because they appear to be mediated by separate neural substrates. For example, finger-tapping skill tasks typically show learning-related activation in contralateral M1 (22, 31), whereas adaptation tasks, such as visuomotor rotation, predominantly activate posterior parietal cortex and cerebellum (32–34).

**Online Skill Acquisition.** Three previous studies have shown enhancement of motor learning in a single session using anodal tDCS in healthy subjects (15, 16, 18). Although our a priori hypotheses focused on net learning effects across 5 days of training, visual inspection of Fig. 4 suggests that there was indeed a greater day-1 within-session effect for anodal tDCS, consistent with these previous reports, supporting the idea that preexisting synaptic machinery is strengthened by tDCS. On the other hand, over the course of 5 training days there was no significant online effect for anodal tDCS compared to sham. These results suggest that the neural substrates underlying online effects, which are likely to include long-term potentiation (LTP)-like mechanisms (35, 36), may become saturated early on, manifesting as a ceiling for behavioral improvements within session (Fig. S2). Consistent with this interpretation, repeated motor training in rats led to occlusion of LTP expression in the motor cortex, typically paralleled by a ceiling in reaching skill gains (36). One might expect that polarity reversal would yield the opposite behavioral pattern (reduced consolidation). However, cathodal tDCS did not influence the learning process relative to sham (Fig. S1), a result consistent with previous findings on day 1 using a different task (16). Such results, in combination with the known down-regulating effect of cathodal tDCS on motor-cortical excitability (12), suggest caution when using cortical excitability changes to predict behavioral consequences (15, 16).

**Offline Consolidation.** Motor consolidation is understood to mean either resistance to interference or positive offline effects (“offline learning”) (6, 37, 38). Positive offline effects mediated the greater total learning in the anodal tDCS group: on average, performance at the beginning of day  $n + 1$  was better than at the end of day  $n$ . The robustness of this offline effect was present

whether derived from the initial 5 trials or 40 trials, arguing against an enhanced practice effect (savings) within the first training block. In contrast, the sham group showed an offline loss in skill. A decrease in performance after a rest period is well described for skill learning (7, 39, 40) and has been called the “warm-up decrement” (41). As we saw in our sham group, the warm-up decrement is small, inasmuch that it does not reduce performance to naïve levels. Positive offline effects, which we observed only in the anodal tDCS group, are thus not a ubiquitous phenomenon in skill acquisition. Nevertheless, positive offline effects have garnered a great deal of attention in recent years as they have been reported in several influential studies of skill consolidation with finger-sequencing tasks (8, 42). To the best of our knowledge, there has been little comment about why some skill tasks show a warm-up decrement whereas others show consolidation. One possible explanation may relate to the distinction between continuous and discrete skill tasks (39). In a continuous task, as in our study, the behavior continues in an uninterrupted fashion during each trial. In contrast, finger-sequencing tasks, such as the SRTT, consist of separable discrete finger movements. Warm-up might not be needed in the latter case as one can explicitly call up each discrete element (finger movement). Support for a role of an explicit component in offline gains comes from the observation that sleep-dependent offline learning occurs only when subjects acquire explicit awareness of a sequence during training (43). Here we present the novel finding that tDCS induces consolidation in a continuous skill task, where an overnight decrement is the default occurrence (sham group). This finding implies that for a continuous skill the passage of time and/or sleep may be necessary but not sufficient for consolidation to occur. We cannot answer whether tDCS could induce consolidation in the absence of sleep because we did not perform a within-day, 2-session experiment.

What could the mechanism of tDCS-induced consolidation be? The effect of anodal tDCS on cortical excitability is known to outlast the stimulation period (44, 45). Animal data suggest that skill learning after day 1 depends on plasticity-related protein synthesis (46). Thus, one can postulate 2 possible mechanisms for anodal tDCS-induced positive offline learning: either anodal tDCS enhances protein synthesis directly during training, or its excitability effects during and after training interact downstream of learning-related protein synthesis.

**Long-Term Retention.** Anodal tDCS did not affect the rate of forgetting over the ensuing 3 months relative to sham tDCS. The equal rate of forgetting led to a higher skill level at day 85 in the anodal tDCS group. This finding is important because a potential cost of faster learning over 5 days could have been faster forgetting. If there is an evolutionary reason why maximal potential levels of learning are not reached in the absence of stimulation, then there could be a hidden cost to learning enhancement that we do not currently appreciate. Our finding that anodal tDCS induced offline consolidation but did not hinder the rate of forgetting also suggests that the overnight warm-up decrement and forgetting of skill over weeks and months are distinct processes. Alternatively, we cannot rule out the possibility that the warm-up decrement seen in the sham group was not affected per se but overridden by an independent consolidation effect of anodal tDCS.

**Role of M1 in Motor Learning.** In concordance with previous reports (13, 22, 47–50), our results suggest that M1 is a key structure in motor skill learning that can be purposefully modulated by noninvasive brain stimulation. That its role in the consolidation of motor skills can dissociate from initial acquisition was shown by a study in which low-frequency repetitive transcranial magnetic stimulation (rTMS) was applied over M1



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