**Cardiotoxin Injection Protocol**

Cardiotoxin is purchased from CalBiochem Cat#217504 (1 mg)

Stock solution: 10 µM dissolve in 13.9 ml of PBS and filter through a 2 µ filter (store at 4°C up to 6 months).

**Procedure**

1. Restrain the hindlimb and shave to remove hair.

2. Wet hindlimb with 70% ethanol.

3. Inject 0.1 ml of 10 µM cardiotoxin intramuscularly into the belly of tibialis anterior muscle(s).

4. Six hours before harvesting, inject BrdU (Sigma B5002) (500 mg/kg at 1 mg/µl in normal saline) i.p.

5. Harvest muscle at day 1, 2, 3, 5, 10 and 14.