WHAT IS CLAIMED IS:

1. A composition comprising extracellular vesicles (EVs) produced from donor cells engineered to express a glutamate receptor (GluR).
2. The composition of claim 1, wherein the donor cells are autologous.
3. The composition of claim 1 or 2, wherein the donor cells are skin cells.
4. The composition of any one of claims 1 to 3, wherein the EVs encapsulate a therapeutic or diagnostic cargo.
5. The composition of claim 4, wherein the therapeutic cargo comprises a proangiogenic, proneurogenic, or anti-infalmmatory molecular cargo.
6. The composition of claim 4, wherein the diagnostic cargo comprises a molecular beacon.
7. The composition of any one of claims 1 to 6, wherein the GluR is a metabotropic glutamate receptor (mGluR).
8. The composition of claim 7, wherein the mGluR is a metabotropic glutamate receptor-4 (GRM1), a metabotropic glutamate receptor-4 (GRM3), a metabotropic glutamate receptor-4 (GRM4), a metabotropic glutamate receptor-4 (GRM7), or a metabotropic glutamate receptor-8 (GRM8).
9. The composition of any one of claims 1 to 6, wherein the GluR is an ionotropic glutamate receptor (iGluR).
10. The composition of claim 9, wherein the iGluR is an AMPA receptor, an NMDA receptor, or a kainate receptor.
11. A method of treating a subject with a with a CNS injury resulting in excitotoxicity, comprising administering to the subject an effective amount of a composition of any one of claims 1 to 10.
12. The method of claim 11, wherein the CNS injury comprises spinal cord injury, stroke, traumatic brain injury or a neurodegenerative disease.
13. The method of claim 12, wherein the neurodegenerative disease is Alzheimer's disease, Parkinson's disease, a Parkinson's-related disorder, Huntington's disease, prion disease, motor neuron disease (MND), spinocerebellar ataxia (SCA) or spinal muscular atrophy (SMA).
14. Use of a composition according to any one of claims 1 to 13 in the manufacture of a medicament for treating a patient or subject with a CNS injury resulting in excitotoxicity.