



## THE WELLNESS SALON

Musings on wellness from Donna Simmons, Feldenkrais® practitioner

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No. 6 October, 2014

Dear friends,

Here are some words to help create a picture...

Namaste, Donna

### *Bone Poem*<sup>1</sup>

*Tell me again about the slick bones  
of the skull: occipital, frontal, temporal, parietal,  
and the forgiving groove of the fontanelles grown  
stone-hard and stubborn. Tell me about  
cervical and thoracic vertebrae rising  
from the lover's lumbar curve, about clavicles  
and sternum, and floating ribs falling south.  
Tell me about humerus, twisting dance of radius  
and ulna, how all twenty-eight phalanges  
swing open on the hand's silent hinges.  
Tell me about cane-shaped femurs, the fluted  
pipe of tibia, and slender, clasping fibula,  
tarsals wide and sure, and calcaneum, the calculus  
of our unending path. Tell me about the smooth bowl  
of the pelvis with its high and wide iliac crests,  
the sacrifice of sacrum, and coccyx, memory of tail.  
Tell me again about the bony tools of the ear,  
how hammer, stirrup, and anvil return to us  
the sounds of our small, miraculous lives.*

- Heather Davis  
Amherst, Mass.

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<sup>1</sup> Originally published in JAMA 2003;290:1682 Poetry and Medicine Section Editor: Charlene Breedlove, Assoc. Editor. (Thank you Eric.) For excellent anatomical illustrations see: Netter : Atlas of Human Anatomy. For fun and interesting explanations along with illustrations see: Goldberg: Clinical Anatomy Made Ridiculously Simple.