

# The John Carroll Review

---

Volume 74 | Issue 1

Article 41

---

December 2019

## Gait Training

Follow this and additional works at: <https://collected.jcu.edu/jcr>



Part of the [Fiction Commons](#), [Nonfiction Commons](#), [Photography Commons](#), and the [Poetry Commons](#)

---

### Recommended Citation

(2019) "Gait Training," *The John Carroll Review*. Vol. 74: Iss. 1, Article 41.

Available at: <https://collected.jcu.edu/jcr/vol74/iss1/41>

This Poem is brought to you for free and open access by the Student at Carroll Collected. It has been accepted for inclusion in The John Carroll Review by an authorized editor of Carroll Collected. For more information, please contact [mchercourt@jcu.edu](mailto:mchercourt@jcu.edu).

# Gait Training

Grace Kenniv

I catch myself dragging  
my feet. Lifting the toe  
but not the heel

and here I thought  
I had healed  
that problem years ago

after my fused spine  
had confused my feet.

But the back of my shoes  
are unevenly worn. Down  
to the skeleton

that makes a shoe  
a shoe.

And I can thank my  
skeleton. The rods, the bones  
the screws

and consciously walk  
a little taller.