

The Knee is connected to the hip-bone

Hip, hop, knick and knack
Give a bone to the Paddy-Wack;
Take it from the knee-bone there
And leave the leg completely bare.

Above the neck, all is well,
Nothing up there seems to swell.
Its only down below that aches
And makes you shout “for heavens’ sakes!”

The smiles you show defy the pain,
Both knees hurt about the same.
Although the hips are now just fine
You have to keep the knees in line.

Knee, gnaw, click and clack,
Sticks on street slabs, legs all slack.
Its not the walking that we need,
Its your spirit from which we feed!!

Brand new knees, replacement hips!
Anything else? We need your tips!
Brackets, bones, plates and screws
Helps you rise above the blues!

Can't use your knees to say your prayers
Good job God knows all your wares.
Pain in the body, but not in the spirit
Positive thinking – and faith is the pivot!

The body is crumbling, but the mind is fine!
Good job there's no connection to the spine!
The heart still loves, the face still smiles
So bugger the knees, the hips and piles!!