

*My legs feel different now  
different than before  
and not different like  
when you have walked distance  
and your feet hurt  
and you feel the blood pulsing in the skin of your thighs  
they feel different from each other*

*Of course they had their differences before,  
like my right big toe looks up  
and my left one is just flat on the ground.  
And with one foot I can more precisely  
aim a ball than with the other.  
But on the whole, they used to,  
kind of, feel the same,  
or similar at least.*

*But now my legs feel different,  
different from each other and  
different than before.*

*At first it was the pain in one foot.  
Intense and it would not go away.  
Nursing it, cooling it.  
Amidst the pain I found one point,  
where it felt unfamiliar and worrying.*

*Moving around on one leg,  
I realised how often I had taken them for granted.  
Stand up, get dressed, walk, wait.  
The weight – that made my other leg feel different  
to carry all of it alone  
to help the other heal.*

*Distances increased,  
places unreachable,  
staircases higher.*

*Discovering muscles in my shoulders  
as I learned to use my aids to move.  
Reconfiguring my body  
with the pain as my guide  
which movement can I make  
and which one I shouldn't.*

*My legs feel different now  
One embraced by a support  
to help me stand on it  
and not force it.  
I feel it when I stand still:  
held tight, warmer.  
I feel it when I move:  
one as usual,  
the other reminding me with pain  
of its difference.*

*Not always immediate and rightaway.  
I can feel differences now:  
a tired pain,  
a pointy pain,  
a stretching pain,  
a too much weight pain,  
a wrong movement pain.  
Tired, pointy, stetching, too much weight, wrong movement...  
For all the differences in pain,  
I cannot find adequate words.*

*My legs feel different now  
Even though only one got hurt  
Both feel different.  
Which one is normal?  
One more present now,  
more aware of its sensations.*

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