

Habit

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“So nothing is easier than to imagine how, when a current once has traversed a path, it should traverse it more readily still a second time. But what made it ever traverse the first time?”¹

Over time I am told
With great practice
The neurologic exam flows
Like electricity
Subcortically
Choreographed
Down a path
Of little resistance

In the moment
A fumbling student
The encounter often halts
At a node, hyperpolarized
Albeit carefully
Jumping in saltatory fashion
From one dermatome
To the next

The exam beats on
A finding or two noted
The cog wheel turns and stops
Like a Ferris wheel
Humbly yet
Embracing a new horizon
On the plasticity
Of a habit reformed

Reference

1. James W. *The Principles of Psychology*. New York: Henry Holt and Company; 1890.

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