

**L5-S1**

An ode to back pain

our body's jinxed joint  
"intelligent" designer's  
most painful failure

may have worked quite well  
for quadrupedal forebears  
bipeds not foreseen

evolution lagged  
six million years not enough  
progress couldn't wait

unprepared for chairs  
stooping to tie shoe laces  
new unnatural acts

fellow-sufferers  
spend fortunes on elixirs  
to keep us upright

