

JERKING ME AROUND: Track 6

This song is about reflexes. Reflexes represent a time-saving short cut by which movement is elicited without you having to think about it, plan it or decide how to execute it. These reflexes keep you from falling, move you away from painful stimuli and stop you from moving in a way that could be injurious. Brackets identify the joint or body area in question.

Baa baa binksi, Baa baa binski – only baby toes should point up

CHORUS

Why do I do what I do?
I try to be true
I'm jerking me around
Don't need somebody else to

Tell you bout a Stretch reflex
Regulate muscle length
Patellar reflex
Knee jerk – kick strength

} KNEE

She called me ankle jerk
Tapped my calcaneal tendon
Excited my tibial nerve
Caused plantar flexion

} ANKLE

Why do I do what I do?
I try to be true
I'm getting into trouble
I'm reflex(ively) blue

Biceps reflex
Elbows flexin and flyin
Tap tendon of biceps brachii
If it ain't true it's lyin

} ELBOW

Tap my forearm
Near radial styloid process
I'll flex elbow & supinate
even extend my wrist

} WRIST

To extend that elbow
Try a triceps reflex
Tap triceps brachii
Stand back, see what you get

A reflex is a nerve circuit
That bypasses the brain
We do it all the time
More often than anatomy books claim (*bypass our brains that is*)

Saves time – saves lives
Move your hand from something hot
Painful stimulus causes withdrawal
Reflex happens whether or not
You want or will

Superficial reflexes
She says I'm not deep
But for a cremasteric reflex } SCROTUM
Any label I'll keep

An anal reflex
Now can you blame me
Touch near that thing } ANUS
I'll constrict / hold in my daily

CHORUS

Abdominal reflex
Light stroking abdominally
Will make my navel } ABDOMEN
Move toward where you touched me

Plantar reflex
Over 1 year toes flex down
Long stroke of foot sole } SOLE OF FOOT
Babinski is trouble in town

CHORUS

NOTES: _____

