Debunking Medical Myths: Cracking Knuckles Leads to Arthritis.

Erika Lopez  
Wayne State University School of Medicine, hj2353@wayne.edu

Jack Considine  
Wayne State University School of Medicine, hj0113@wayne.edu

Madeline Simone  
Wayne State University School of Medicine, ga0291@wayne.edu

Andranig Adjemian  
Wayne State University School of Medicine, hh5353@wayne.edu

Younes Motii  
Wayne State University School of Medicine, hh6791@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj

Part of the Curriculum and Instruction Commons, Medical Education Commons, and the Public Health Commons

Recommended Citation
Lopez, Erika; Considine, Jack; Simone, Madeline; Adjemian, Andranig; Motii, Younes; and Akins, Jordan, "Debunking Medical Myths: Cracking Knuckles Leads to Arthritis." (2022). Patient Education Projects. 289. https://digitalcommons.wayne.edu/pat_edu_proj/289

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.
Authors
Erika Lopez, Jack Considine, Madeline Simone, Andranig Adjemian, Younes Motii, and Jordan Akins

This infographic is available at DigitalCommons@WayneState: https://digitalcommons.wayne.edu/pat_edu_proj/289
Cracking knuckles leads to arthritis.

**BACKGROUND**

- The "cracking" sound comes from the movement of fluid between our joints.
- Arthritis occurs when there is inflammation of the joints, making joints stiff and painful.

**THE FACTS**

- Research studies involving geriatric patients show no correlation with a history of knuckle cracking and development of arthritis.
- Those with arthritis more likely had family history of arthritis, prior joint trauma, or a history of heavy labor involving the hands.
- Studies do show that hand cracking can cause hand impairment due to possible finger dislocations.

**TAKEAWAYS**

Research shows that cracking knuckles will not likely cause arthritis. However, it is not recommended because it may lead to other hand injuries, such as hand swelling and low grip strength.

**REFERENCES**


