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## Debunking Medical Myths: Cracking Knuckles Leads to Arthritis.

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# DEBUNKING MEDICAL MYTHS

Orange Group 28 - Erika Lopez, Andranig Adjemian, Jordan Akins, Younes Motii, Madeline Simone, and Jack Considine

## THE MYTH

Cracking knuckles leads to arthritis.



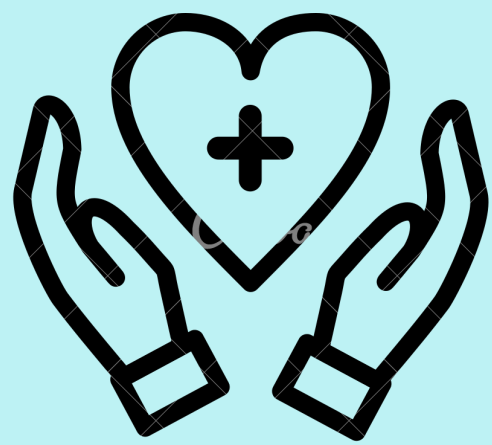
## BACKGROUND

- 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.

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