Debunking Medical Myths: Does Knuckle-Cracking Cause Osteoarthritis?

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Does Knuckle-Cracking Cause Osteoarthritis?

**STUDY 1**

In a study of 300 people ages 45 and over, researchers found no increase in arthritis in the knuckle-cracking group compared to the non-knuckle-cracking group.

This study also found, however, that those in the knuckle-cracking group had increased hand swelling and decreased grip strength compared to the non-knuckle-cracking group. (1)

**STUDY 2**

One study found that the prevalence of knuckle cracking for individuals with osteoarthritis was similar to that of individuals without. Also, the daily frequency of knuckle cracking for a duration of 3 years did not significantly correlate with OA.

In addition, a clinical survey and physical exams to assess motion, grip strength, and hand swelling found no difference between before knuckle cracking versus after. (2)

**CONCLUSION**

In looking at these studies that are mainly observational, there is no association between osteoarthritis and knuckle cracking.

**References**

