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Debunking Medical Myths: Does Knuckle-Cracking Cause Osteoarthritis?

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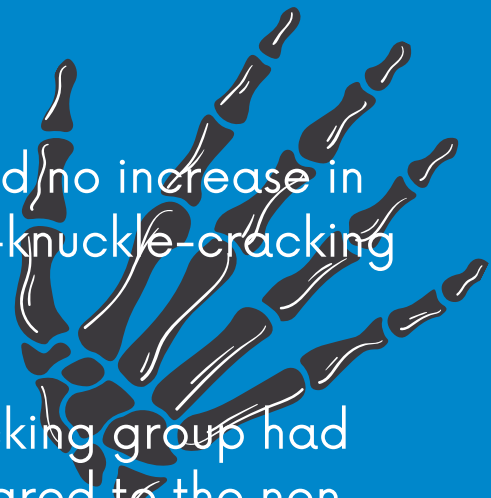
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Does Knuckle-Cracking Cause Osteoarthritis?

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

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