
Umberto Mileto Natural Bodybuilding Pdf Download

Cracking Knuckles Causes Arthritis?

When you crack your knuckles does someone say "Stop that you will get arthritis," Did you believe them and stop cracking. Well it has been tested and proven that in fact it does not contribute towards arthritis. However it can weaken the grip in your hand whilst improving the flexibility of your fingers.

The reason your fingers make a cracking noise is because the joint between your fingers and knuckle's is made by two bones being near each other, they are joined by cartilage that is surrounded by a joint capsule. This joint capsule contains synovial fluid. In the synovial fluid gases are dissolved continually. This fluid acts as a lubricant.



When you crack your knuckles it stretches the joint capsule creating a vacuum. This is filled by the dissolved gases it then pops making the cracking noise. It takes a while to get the gases to be dissolved. That is why you can't crack your fingers again straight away.

People tell you to stop cracking your fingers because it annoys people who don't do it but it sounds nice to people that have the habit. When people say it gives you arthritis just remember it's a myth.

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