

# What happens when we break our fingers 'cracked'?

Many people believe that breaking the finger joint is not good, adversely affecting health. Is this correct?

When doing a long job or feeling tired hands, many people often have a habit of breaking knuckles to feel more comfortable. But there are many people who think that breaking the knuckles is not good, even adversely affecting health. Is this accurate and breaks the knuckles and toes that are often harmful or beneficial to health?

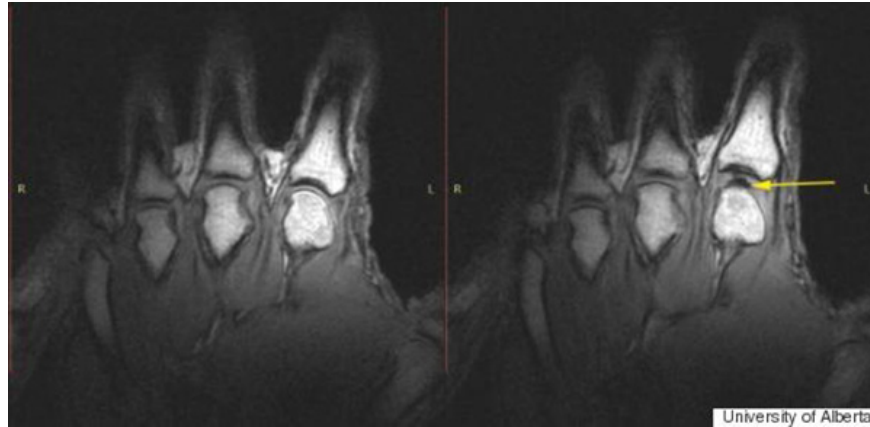
Let's find out so we can protect our own health.



## Why do we hear the "whooping" cry when we bend our fingers?

The joint between the two joints includes ligaments, connective follicle tissue and surrounds a thick joint fluid.

When breaking the joints, the connective tissues in the fingers and legs increase the volume and reduce the pressure in the joints, causing the fluid to gradually turn into bubbles in the hole. When the pressure drops to the lowest, the bubbles will burst and emit a "scary" or "cracked" sound.



When you break your fingers, a black space appears.

## **Do you have any effect on breaking your knuckles and legs?**

Many people worry that this action can cause arthritis and degeneration. This is absolutely not true.

Doctors at Davis UC Medical Center (USA) have conducted research on people who have a habit of breaking knuckles and producing results: no signs of cracking or arthritis.



But doctors also warn that breaking joints regularly will damage the surrounding connective tissue, making your knuckles look bigger, even losing your sense of grip when handling things.

## **Helpful advice**

The breaking of the knuckles also helps us feel comfortable, comfortable when numb and tired. At the same time, it contributes to increase blood flow to tissue to avoid the phenomenon of joints, to avoid micro injury.

So you can absolutely take this action. But we have to pay attention only to move the joints back and forth gently to the maximum angle of the joint but still not cause pain and do not cause "cry".

1. How does the human body change when electrocuted?

2. It is cold but why do many people still stick their feet out when they sleep?
3. Do you feel electrocuted when you touch things and others don't, why?

You finished reading the article "**What happens when we break our fingers 'cracked'?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

---