

CHIROPRACTOR

Q

If I crack my knuckles, is it going to make them big?



Dr. Klindt

ANSWER: This is a common myth and the answer is NO.

When you crack your knuckles it forces air out of the joint causing a pop or it could be a tendon or ligament rolling over a body prominence.

There is air and fluid inside the joint that act as hydraulics and pneumatics by cushioning the joint when it is being stressed.

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