

Forum:[Hack Forums](#)

Thread: [Do you crack your knuckles?](#)

Mint - November 13, 2016, 11:42 am

Yeah, I do this all the time. Maybe like every 10-20 minutes.

Been doing it for 6 years. Getting to the point where some of my fingers are stiff.

Gizmo - November 13, 2016, 11:44 am

Not only my knuckles, also; knees, wrists, back,elbow, neck , feed, and toes ?

Ted™ - November 13, 2016, 11:44 am

yes i literally crack everything crackable in my body lol

Dankster - November 13, 2016, 11:44 am

Only my spine because I have scoliosis; not severe though.

It isn't good for you.

Mint - November 13, 2016, 11:46 am

(Nov 13, 2016 12:44 PM)Gizmo Wrote: [\[CITE\]](#) Not only my knuckles, also; knees, wrists, back,elbow, neck , feed, and toes ?

Oh yeah, same. Some people I know twist their body to crack something.

Pow3r - November 13, 2016, 11:46 am

Not often OP. Though it has been shown to NOT cause arthritis. Someone cracked the knuckles on one hand and not the other for many years and recorded daily data on it. I believe he was awarded a Nobel prize for it.

Prawnster - November 13, 2016, 11:46 am

(Nov 13, 2016 12:44 PM)Gizmo Wrote: [\[CITE\]](#) Not only my knuckles, also; knees, wrists, back,elbow, neck , feed, and toes ?

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Makes me laugh when people say it is causing damage to them ?

The Supreme Leader - November 13, 2016, 11:46 am

Yep, also crack my back and neck

Fortunate - November 13, 2016, 11:47 am

(Nov 13, 2016 12:46 PM)Sup?r Wrote: [\[CITE\]](#) Yep, also crack my back and neck
How do you crack your back? I usually crack my knuckles, it just feels good.

Mr Whiskey - November 13, 2016, 11:47 am

I used to but I don't feel the need anymore so I don't really think about it anymore.

Reissfeider - November 13, 2016, 11:48 am

Yeah I always crack my knuckles, I don't know why but it's always pleasing.

THC - November 13, 2016, 11:48 am

Always. Feels like it helps with my arthritis.

The Supreme Leader - November 13, 2016, 11:50 am

(Nov 13, 2016 12:47 PM)Fortunate Wrote: [\[CITE\]](#) How do you crack your back? I usually crack my knuckles, it just feels good.

I just twist around and it cracks like 15 times lol

Mint - November 13, 2016, 11:50 am

(Nov 13, 2016 12:47 PM)Mr Whiskey Wrote: [\[CITE\]](#) I used to but I don't feel the need anymore so I don't really think about it anymore.

It's hard to overcome this habit/addiction. One knuckle right now needs to be cracked, but I can't do it.

Tried soaking it in hot water to ease the bones, but that hasn't worked.

Carbohydrates - November 13, 2016, 11:55 am

i crack all my knuckles lol

the thumb on my left hand I have to push down on to crack it, and it hurts but also feels hella good... prob not good for me.

I also crack my neck, back, knees, shoulders (they crack on their own), toes, and wrist sometimes (only when I wake up, and sometimes I cant but cracking my wrists are like heaven).

My back cracks like 20 times each "twist" I do lol.

Cosmic Wolf - November 13, 2016, 11:55 am

Some people say it's the bones that crack, but it's actually gas bubbles stuck between your fingers popping. :)

Prophet Banana - November 13, 2016, 11:57 am

That shits disgusting especially those with some weird cracking technique. Got a different cracking style for each knuckle. One gets pushed in, one finger gets pulled back, the third one gets pushed to the side.

Mubu. - November 13, 2016, 11:57 am

all the time bro, so much i hurt my fingers here an there

Mint - November 13, 2016, 11:57 am

(Nov 13, 2016 12:55 PM)Cosmic Wolf Wrote: [\[CITE\]](#) Some people say it's the bones that crack, but it's actually gas bubbles stuck between your fingers popping. :)

Which is also why knuckle cracking doesn't cause arthritis.

SocialAgency - November 13, 2016, 12:18 pm

Only crack my knuckles. I don't know how people can crack their neck...

Mint - November 13, 2016, 12:18 pm

(Nov 13, 2016 01:18 PM)Received Wrote: [\[CITE\]](#) Only crack my knuckles. I don't know how people can crack their neck...

Easy, just give it a little twist and tilt your head.

K l a u s - November 13, 2016, 12:41 pm

I crack my toes by folding them like a knuckle and gently pushing it towards the ground. Bakes a nice sound and feeling.

boost - November 13, 2016, 12:43 pm

Sometimes I do, but I don't do it as often as I did before.

Caliban - November 13, 2016, 12:51 pm

Sure, i also crack my neck, back, elbows, shoulders etc.

Keeping the joints healthy and lubricated lads

lucky. - November 13, 2016, 12:57 pm

I used to all the time, same for my neck, but I don't anymore. Occasionally I'll pop a finger or two but not all the time like before.

Senor Suave - November 13, 2016, 12:58 pm

I crack my knuckles daily, I can do all three bendy parts on my fingers.

Mi2414 - November 13, 2016, 1:00 pm

I maybe do this sometimes throughout the day but not really too often.

asvps - November 13, 2016, 1:01 pm

I do it a lot with my neck, I think I got some sort of issue or some shit lol

sm?ked - November 13, 2016, 1:01 pm

I do it when I'm typing and my fingers begin to become stiff. It's kinda necessary in that situation...

So yea, I do it all the time. Just did it while writing this post actually.

Steve - November 13, 2016, 2:06 pm

I crack my knuckles regularly and also often crack my back. It's a bad habit I've had for years.

Muggsy - November 13, 2016, 2:20 pm

I can pop almost every bone that is able to be popped.

SIM-403479 - November 13, 2016, 2:22 pm

I use to when I was a child. I don't now.

Strictly - November 13, 2016, 2:22 pm

Yeah its become a habit now lol.

LookAtHisLips - November 13, 2016, 2:39 pm

yeah alot, like too much, i think i need help

R?????obert - November 13, 2016, 2:42 pm

I crack my toes, neck, back and fingers. Started doing it when a kid from my old school said I had to push my finger back as far as I could, now 5 years later I'm still doing it daily

NoneStar - November 13, 2016, 2:45 pm

Every once and a while. From what I read it's jut the gas escaping from in between your fingers or something like that so it doesn't cause arthritis.

Casp?r - November 13, 2016, 2:46 pm

nope, don't see the need and it just makes me cringe.

Doctor Fate - *November 13, 2016, 2:46 pm*

(Nov 13, 2016 12:44 PM)Dankster Wrote: [\[CITE\]](#) Only my spine because I have scoliosis; not severe though.

It isn't good for you.

Same here, I can't really help it though.