

Forum:[Hack Forums](#)

Thread: [How often do you crack your knuckles?](#)

Marshmallow - February 7, 2017, 2:41 am

How often does HF crack their knuckles? I crack mine pretty much once a minute if my hands aren't already busy.

exosquid - February 7, 2017, 2:50 am

Once a day, perhaps? Not that addicted to it i guess. Anyone telling that it's not good for you, i want to hear why and see evidence

JELLY?IsH - February 7, 2017, 2:52 am

All the time. When I crack them I feel much better. Brain is playing tricks on us.

?eptic - February 7, 2017, 2:58 am

Atleast once a day. I know it's not a healthy habit but it's so hard to resist it lol.

Description - February 7, 2017, 3:00 am

HF doesn't at all you fuck tard it's a website.

Nah for real though like 3-4 times a day.

AlphaIndustries - February 7, 2017, 3:41 am

If I am not doing anything with my hands, I'd say once every minute.

?ok3r - February 7, 2017, 4:37 am

Guys, you need to let your knuckles rest. I do my knuckles 3 times a week and eat lots of protein. I have pretty ripped knuckles.

exosquid - February 7, 2017, 4:38 am

(Feb 7, 2017 03:58 AM)Cycl?ps Wrote: [\[CITE\]](#) Atleast once a day. I know it's not a healthy habit but it's so hard to resist it lol.

I actually once happened to read an article about it, a guy did this for 10+ years if im not wrong, and nothing unhealthy happened afterwards, it's a hoax. It's just gas bubbles or something like that between your ... joints?

8848 - February 7, 2017, 4:43 am

Thanks for reminding me! ?

JELLY?IsH - February 7, 2017, 4:50 am

(Feb 7, 2017 05:38 AM)exosquid Wrote: [\[CITE\]](#) I actually once happened to read an article about it, a guy did this for 10+ years if im not wrong, and nothing unhealthy happened afterwards, it's a hoax. It's just gas bubbles or something like that between your ... joints?

That is true. It's myth just like: You'll fck up your vision if you read in dark.

Cracking sound is a product of oxygen between the bones/joints...

McDolands - February 7, 2017, 4:50 am

too often to be perfectly honest

Vitani's Mate - February 7, 2017, 4:53 am

I can't..

I usually crack my jaw or my back. My back is very loud when I do it. lol

It makes people cringe hard as fuck, it's funny as fuck man, haha.

MeltyNet - February 7, 2017, 4:55 am

I hardly crack my knuckles, maybe around 1-2 times a month... haha yeah.

exosquid - February 7, 2017, 4:59 am

(Feb 7, 2017 05:50 AM)whiteSEC Wrote: [\[CITE\]](#) That is true. It's myth just like: You'll fck up your vision if you read in dark.

Cracking sound is a product of oxygen between the bones/joints...

I wasn't aware that reading in dark actually doesn't do bad to your vision. Can you link me to some studies that claim it?

?ok3r - February 7, 2017, 5:01 am

(Feb 7, 2017 05:59 AM)exosquid Wrote: [\[CITE\]](#) I wasn't aware that reading in dark actually doesn't do bad to your vision. Can you link me to some studies that claim it?

Just google it. It's a well known fact. All it does is strain your eyes so they get tired and sore faster. Your vision remains unchanged.

JELLY?IsH - February 7, 2017, 5:05 am

(Feb 7, 2017 05:59 AM)exosquid Wrote: [\[CITE\]](#) I wasn't aware that reading in dark actually doesn't do bad to your vision. Can you link me to some studies that claim it?

Yea Google it please cause I'm on mobile phone right now.

exosquid - February 7, 2017, 5:16 am

Okay will look into it, i have so many people to prove wrong after that, thanks for the heads up.

Fortunate - February 7, 2017, 5:17 am

At least once a day, feels pretty good when I do that.

necr0dr - February 7, 2017, 5:18 am

I probably crack my knuckles every 30 mins, made me self conscious now ffs..

Apocryphon - February 7, 2017, 5:41 am

Once in a week or so, I rarely do it.

ohxerxe - February 7, 2017, 5:42 am

All the time. Have been doing it for as long as I can remember. One of my friends hates it though.

?-? ??? ????? - February 7, 2017, 5:43 am

Like a whole fucking lot lol and I get these idiots claiming that it causes arthritis, even tho it was proven that, that's not actually the case.

NovaProjectt - February 7, 2017, 5:44 am

Its not bad for you . I crack them a lot

Kashira - February 7, 2017, 5:46 am

If I crack one finger or feel like it, I crack them all. This includes my neck, elbows, knuckles, fingers, ankles sometimes and toes sometimes. I feel like I crack my knuckles everyday, hopefully it doesn't affect me much.

oRequiem - February 7, 2017, 6:20 am

Probably like once or twice a day.

It's a pretty common thing to do if I'm going to play a game or something like Call of Duty or H1Z1: King of the Kill ?

EthanX - February 7, 2017, 7:03 am

Seems like I am the only one that has never even tried to crack my knuckles.

mhmd - February 7, 2017, 7:08 am

A few times a day, I also crack my jaw, neck, and back LOL. The knuckle-cracking causes arthritis or w/e is a myth btw.. lol

SavageAF - February 7, 2017, 7:09 am

Knuckles maybe once or twice a day. I can also do my back, neck, knee, toes and jaw lmao

Grim - February 7, 2017, 7:11 am

I did right when I read this thread lmao

Deeled - February 7, 2017, 7:14 am

Too often that I can't really tell you how! In fact, when I saw this post, I cracked it lol.

Rans0m - February 7, 2017, 7:15 am

Maybe one or twice a day. It's proven that cracking your knuckles doesn't cause short or long term damage. So crack away you crack addicts.

Lorenzo Gucci - February 7, 2017, 7:25 am

Used to be super addicted to it as a kid and I'll pretty bad at it. Getting better though.