

Forum:[Hack Forums](#)

Thread: [Experiencing mystery pains on my chest and some clicking sound](#)

fernquaker - October 5, 2020, 9:04 pm

Hi,

Title says it all.

Does anyone here experience some pains in their chest? Also, I'm experiencing some clicking sound. The clicking sound on my chest occurs when I slouch for a long period of time. I'm thinking that this clicking sound is related with the bones in my chest.

Anyone in the same situation as mine?

Looking forward to hearing your inputs guys..

OnePiece - October 5, 2020, 9:56 pm

I've experienced chest pain when I'm stressed, but creaking sounds in my chest? Nope. You should have it checked, man. Maybe go for an x-ray to check the bones.

fernquaker - October 6, 2020, 2:55 am

(Oct 5, 2020 09:56 PM)OnePiece Wrote: [\[CITE\]](#) I've experienced chest pain when I'm stressed, but creaking sounds in my chest? Nope. You should have it checked, man. Maybe go for an x-ray to check the bones.

I already have it checked up. The doctor doesn't believe me when I said I am hearing a clicking sound on my chest. We argue a lot. She told me that I should not be hearing that kind of sound. I told her that I really did hear something on my chest clicking then she stopped arguing with me.

davieb - October 6, 2020, 2:57 am

Have experienced chest pain, wind etc. Think most people have. The clicking sound is something I havnt experienced before in my chest though. Definitely nothing cracked? Have cracked ribs and maybe sensed the feeling of clicking but never heard it. You should definitely go pay for a private xray mate if your gp won't send you for one.

Vibe - October 6, 2020, 2:58 am

Maybe the clicking sound is unrelated but I'd try to get a second opinion if I were you.

fernquaker - October 6, 2020, 3:05 am

(Oct 6, 2020 02:57 AM)davieb Wrote: [\[CITE\]](#) Have experienced chest pain, wind etc. Think most people have. The clicking sound is something I havnt experienced before in my chest though. Definitely nothing cracked? Have cracked ribs and maybe sensed the feeling of clicking but never heard it. You should definitely go pay for a private xray mate if your gp won't send you for one.

(Oct 6, 2020 02:58 AM)Vibe Wrote: [\[CITE\]](#) Maybe the clicking sound is unrelated but I'd try to get a second opinion if I were you.

The clicking sound is something like from a bone in my chest. It happens when I am trying to chest out after a long period of time sitting in front of the computer. The doctor said it is something not to worry about. She can't even explain why it was happening. It was the first time she heard about that kind of case.

Deany - October 6, 2020, 3:10 am

(Oct 6, 2020 02:55 AM)fernquaker Wrote: [\[CITE\]](#) I already have it checked up. The doctor doesn't believe me when I said I am hearing a clicking sound on my chest. We argue a lot. She told me that I should not be hearing that kind of sound. I told her that I really did here something on my chest clicking then she stopped arguing with me.

Go to a new doctor, get a second opinion. Good luck

davieb - October 6, 2020, 3:12 am

(Oct 6, 2020 03:05 AM)fernquaker Wrote: [\[CITE\]](#) The clicking sound is something like from a bone in my chest. It happens when I am trying to chest out after a long period of time sitting in front of the computer. The doctor said it is something not to worry about. She can't even explain why it was happening. It was the first time she heard about that kind of case.

Still worth getting checked out mate, if for nothing it will be peace of mind. I get clicks all over the place, ankles, knees etc but never chest. But it's probaly nothing but as always peace of mind is a great thing to have ?

fernquaker - October 6, 2020, 3:21 am

(Oct 6, 2020 03:10 AM)Deany Wrote: [\[CITE\]](#) Go to a new doctor, get a second opinion. Good luck I think that's a good idea. Thanks for taking the time to reply.

(Oct 6, 2020 03:12 AM)davieb Wrote: [\[CITE\]](#) Still worth getting checked out mate, if for nothing it will be peace of mind. I get clicks all over the place, ankles, knees etc but never chest. But it's probaly nothing but as always peace of mind is a great thing to have ?

I'm thinking that it is a product of always slouching. But that is just my theory based on how I treat my body.

davieb - October 6, 2020, 3:22 am

Yeh you could be right mate. Good posture is underrated. Try and sit properly if working from a desk, monitor at correct eye level and back straight. Hopefully will sort the problem out for you!

Starks - October 6, 2020, 3:54 am

The best thing would be for you to see a doctor and have your chest examined professionally. From the results, you'll know what to do next.

fernquaker - October 6, 2020, 4:17 am

(Oct 6, 2020 03:22 AM)davieb Wrote: [\[CITE\]](#) Yeh you could be right mate. Good posture is underrated. Try and sit properly if working from a desk, monitor at correct eye level and back straight. Hopefully will sort the problem out for you!

I'm trying to solve this problem naturally without having to take some medicine. Your suggestions are what I am trying right now. I hope I will sort this out soon and hopefully nothing serious about this experience. Thanks!

davieb - October 6, 2020, 4:37 am

(Oct 6, 2020 04:17 AM)fernquaker Wrote: [\[CITE\]](#) I'm trying to solve this problem naturally without having to take some medicine. Your suggestions are what I am trying right now. I hope I will sort this out soon and hopefully nothing serious about this experience. Thanks!

Yeh good luck bro! Hopefully it's just a case of a small alteration to posture or how you sit and it'll dissappear. Good luck ???

OnePiece - October 6, 2020, 6:34 am

(Oct 6, 2020 04:17 AM)fernquaker Wrote: [\[CITE\]](#) I'm trying to solve this problem naturally without having to take some medicine. Your suggestions are what I am trying right now. I hope I will sort this out soon and hopefully nothing serious about this experience. Thanks!

You can try natural methods because it might just be a posture problem. But if symptoms persist, you should go to the doctor, man, for a check-up to make sure that everything is fine with your body.

fernquaker - October 6, 2020, 8:45 pm

(Oct 6, 2020 06:34 AM)OnePiece Wrote: [\[CITE\]](#) You can try natural methods because it might just be a posture problem. But if symptoms persist, you should go to the doctor, man, for a check-up to make sure that everything is fine with your body.

Yeah, base on what I feel because this is my own body, it is more likely a posture problem but I am not a doctor myself. I guess it is much better to consult a specialist rather than relying on some sort of theory. Thanks.

OnePiece - October 7, 2020, 8:58 pm

(Oct 6, 2020 08:45 PM)fernquaker Wrote: [\[CITE\]](#) Yeah, base on what I feel because this is my own body, it is more likely a posture problem but I am not a doctor myself. I guess it is much better to consult a specialist rather than relying on some sort of theory. Thanks.

You're welcome. Theories do help, but I prefer to hear an expert opinion. Health is wealth, and I'll want take care of mine. Perhaps it's only nothing and is just a false alarm which is a good thing. Keep safe, bro.

fernquaker - October 7, 2020, 10:32 pm

(Oct 7, 2020 08:58 PM)OnePiece Wrote: [\[CITE\]](#) You're welcome. Theories do help, but I prefer to hear an expert opinion. Health is wealth, and I'll want take care of mine. Perhaps it's only nothing and is just a false alarm which is a good thing. Keep safe, bro.

I'll go with having a second opinion. It is better to prove my theory by consulting a real health expert specialist. It will cost me more I know, but it will give me a peace of mind if I have the right info. I hope it turns out well.