

The doctor warned that the crunch of fingers is dangerous for diseases of the musculoskeletal system

Physiotherapist Raul Waldesuso in an interview with Vanitatis noted that the clicking with fingers does not harm the joints. But only if a person has no diseases associated with the musculoskeletal system.

Clicks, when we crunch fingers, arise due to a sharp change in the pressure in the joint. This is a natural process that does not affect the work of the joint and does not harm it.



Colorado center of orthopedic superiority

However, if a person suffers from arthritis and other disorders of the joints, then the load on them can worsen the situation. In this case, it is better to refrain from clicking with your fingers.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.