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What Makes Knuckles Crack

Another explanation, as reported by one study, is that the movement offers a sort of "therapeutic release.. When you crack your knuckles, the joints become looser and have more mobility for a short period afterward.. This perceived positive feeling may be why some people become habitual knuckle crackers.

what makes knuckles crack

what makes knuckles crack, what makes knuckles get bigger, what makes knuckles dark, what makes knuckles pop sound, what makes knuckles red, what makes knuckles swell, what makes knuckles big, what makes knuckles bigger, what makes knuckles white, what makes knuckles hurt

what makes knuckles get bigger

what makes knuckles red

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