



## Clicking Joints

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Not too comfortable with that disturbing cracking or clicking sound your joints make when you move? Well not to worry, it's not all bad news!

That popping sound actually has a name: **Cavitation**. This occurs when there is a change in pressure within an enclosed joint space. Small cavities form within the fluid in your joint and when they collapse with movement, you hear a pop or a click. In most cases, these noises are not harmful or causing any damage to the joints. So, put away the motor oil, you are not just getting rusty.

However, as much as clicking joints can be a normal occurrence, sometimes they are a result of some wear and tear in your joints as in some arthritic conditions or post-injury.

**If there is pain with the joint clicking**, this may indicate more of those wear and tear or injury-related changes, and best to have your physiotherapist take a look at it to prevent further damage!

