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**The difference between try and triumph is a little ‘umph’**

**-Unknown-**

Summer 2022

**What causes the noises my body makes?**

Joints can make various sounds such as popping, cracking, grinding and snapping.

These are not uncommon or unusual and most are not ‘bad’. However, they should not cause pain.

There are several reasons why we hear these sounds.

When a joint moves, tendons move, and these can cause a snapping or flicking sound.

Similarly, ligaments may be tight and cause a cracking/popping sound.

Rough surfaces on bone can cause grinding. These surfaces can cause ‘crepitus’. This is a grinding sound often caused at the knee due to arthritis or rubbing of the kneecap against the front of the knee joint.

Noises from joints can also be produced by gases escaping. This occurs as the pressure of oxygen, nitrogen and carbon dioxide (which are present naturally within the fluids in the joints) rapidly decreases and releases. The scientific term is called the theory of Cavitation.

If you have any concerns or questions, the staff at Southport Physiotherapy are always happy to help.