

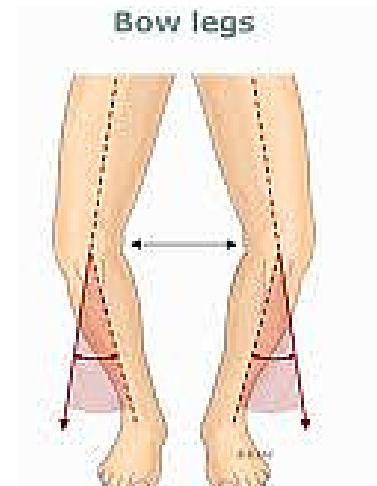
Fact Sheet

Bow Legs

What is Bowed Legs?

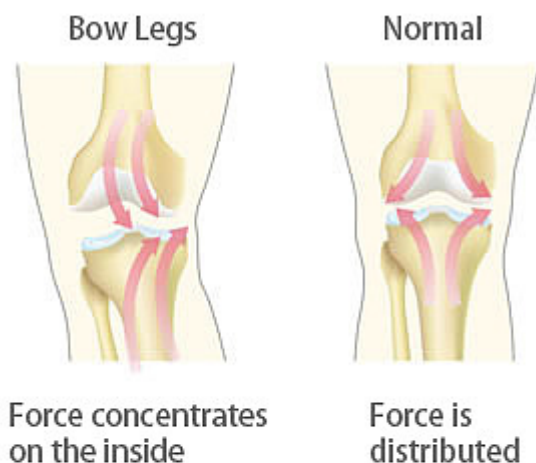
Medically referred to as Genu Varum, Bow legs is a condition where the child's legs are bowed outwards in the standing position, so when the ankles are placed together the knees are greater than 2.5cms apart.

Bowed legs are commonly seen in infants, and should generally straighten around the age of 2. If this misalignment continues into adolescence it can lead to poor foot mechanics such as excess rolling in of the feet (pronation) and lower leg problems.



Causes

- Curvature in the leg bone 'tibia' or may involve the entire limb
- Bone Disease (Rickets or Blount's disease and typically only affects one leg)
- Normal growth development up age 2
- Genetics
- Fractures that do not heal properly



Treatment

In most children, bow legs disappear without treatment by the time they are age two or three. This is often followed by a period of time with knock knees.

The bow itself is not correctable, but if pain occurs in the knees or feet, orthotics and/or braces may be accompanied with supportive footwear and stretching exercises.



ALWAYS CONSULT A TRAINED PROFESSIONAL

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