

Fact Sheet

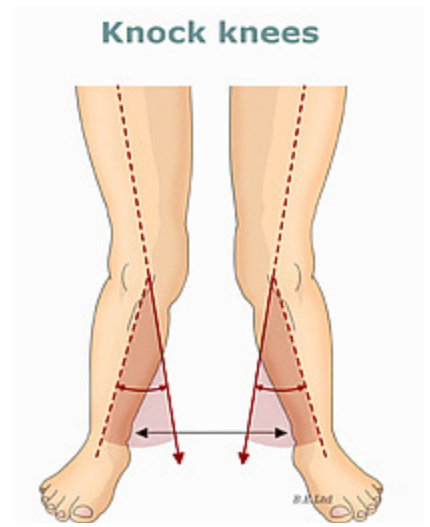
Knock Knees

What is Knock Knees?

Medically referred to as Genu Valgum, knock knees are common in children between the ages of three and seven. When a child with knock knees stands with their knees together, the feet and ankles stay apart.

In most children the legs gradually straighten with growth, and are usually in a normal position by the time they are eight years old.

Some children may become knock kneed again around puberty. If the problem has persisted from the age of seven, it may be permanent. Like bow legs, this leg position may cause the foot to roll or may place strain on the knee joint.

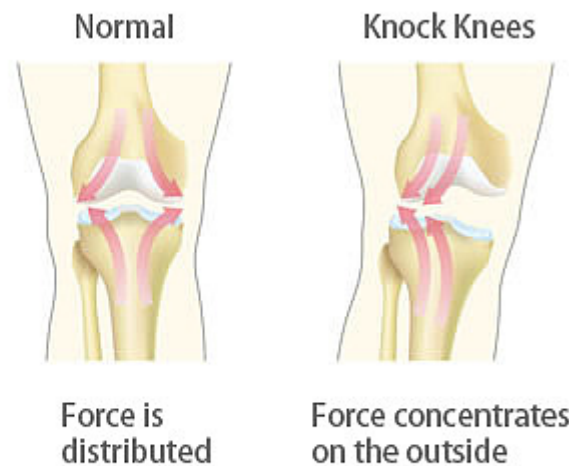


Causes

This is a typical developmental process for children. Knee and hip positioning in children can be their genetic makeup. In some cases it could be caused by poor lower limb posture or bone twist.

Treatment

Treatment is rarely needed. The knock knees will straighten as your child grows. Splints are not recommended. In very rare cases, treatment may be needed for teenagers with persistent, severe knock-knees. If the knock knees seem to be getting worse on six monthly photographs, one leg is worse than the other, your child develops a limp, or pain, see your podiatrist.



Highett
Podiatry

ALWAYS CONSULT A TRAINED PROFESSIONAL

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