



Bowed Legs (Genu Varum) Knock-Knees (Genu Valgum)

A child's legs naturally bow outward to the side in the first 18 months of life. When the child stands with the feet together, the knees are far apart. A family history of bowed legs (genu varum) is common.

It is common to see the legs become knock-kneed (genu valgum) beginning around two years of age. When the child stands with the feet far apart, the knees are close together.

Both bowed legs and knock-knees are a part of normal growth. As the child grows, the legs gradually straighten. Usually by ten years of age, the legs are straight.

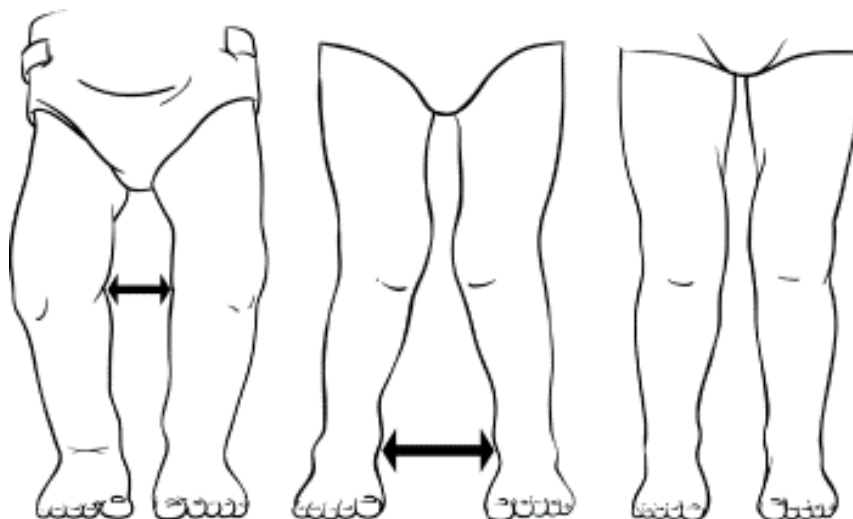
What is the treatment?

For most children the treatment is observation, allowing time and growth to correct the legs. Bracing is not needed in children with knock-knees and only occasionally recommended for bowed legs. Surgery is rarely necessary.

Occasionally, the doctor may take X-rays of the child's legs but this usually is not necessary.

Facts:

- Bowed legs/knock-knees occur as part of normal development.
- Bowed legs/knock-knees will not affect your child's ability to walk, run or play.



Normal progression of growth

Time