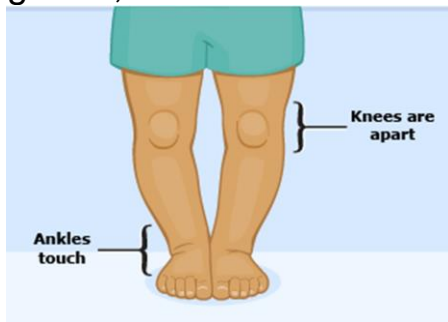


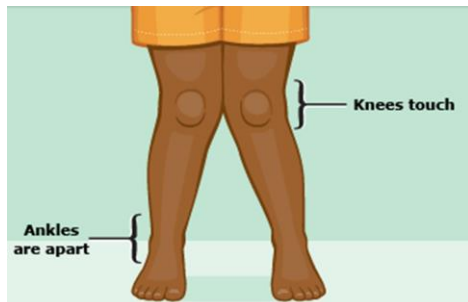
# Understanding Bow-Legs & Knock-Knees

## What do bowlegs and knock-knees look like?

- When a child with bowlegs (called genu varum) stands with their feet together, their knees do not touch.



- When a child with knock-knees (called genu valgum) stands with their legs together, the knees touch but the ankles do not.



## Typical Growth and Development

Bowlegs and knock-knees are a common concern among parents that are often the result of normal growth and development.

- During growth, the majority of children normally have a period of being bowlegged and knock-kneed.
- This does not affect a child's ability to play, crawl, walk or run.
- Typically, children outgrow these positions at predictable ages.

Typically, children's leg position changes from infancy until around age 10.

- ✓ From infancy until 18 months of age, a child's legs are initially bowlegged
- ✓ The legs are often straight between 18 and 30 months
- ✓ By age 3 or 4, the child's legs often grow into a knock-kneed position
- ✓ By the age of 8 or 10, the majority of children's legs have straightened and reached adult form.



## When Should I Seek Care?

If you are concerned, you can measure the distance between the knees (bowlegs) or ankles (knock-knees) every 3 months.

Seeking medical consultation is appropriate when:

- ✓ The distance measured is greater than 2 inches
- ✓ There is growth in the distance over time
- ✓ There is persistence of the alignment after the age of 2 for bowlegs and 5 for knock-knees
- ✓ Only one leg is affected
- ✓ A child is very short for their age.