

Bow Legs/Knock-Knees

What is Bow Legs/Knocked Knees?

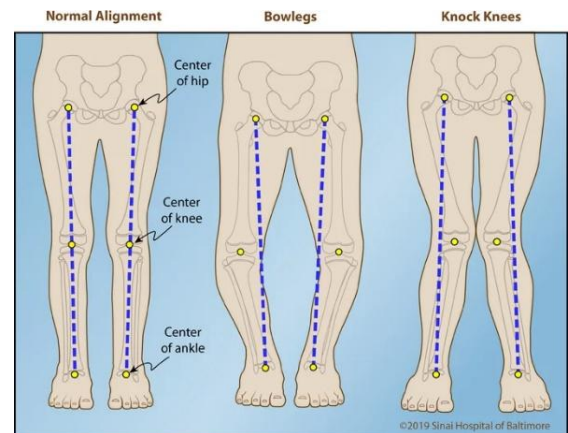
Bow legs (genu varum) is when the legs are curved outwards at the knee. Knock-knees (genu valgum) is when the legs are curved inwards at the knee. These alignments are common in childhood and they are usually not concerning. Some degree of genu varum/genu valgum is considered normal as children's bones grow. In most cases, this alignment resolves through the course of normal bony development.

Stages of Bony Development

Genu varum is common from birth to age 2-3 years, especially in males. Genu valgum is common from 3-7 years old. Both genu varum and genu valgum can persist into adulthood as well.

When Should You Seek Advice?

- ✓ If the genu varum/valgum is significant or worsens past the typical timeframe of development
- ✓ If the genu varum/valgum is noticed only on one side
- ✓ Your child has difficulty participating in age-appropriate gross motor activities or if it causes increased tripping, falling, or limping
- ✓ Your child experiences pain associated with their alignment
- ✓ If you notice consistent clicking in your child's hips



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