

Bow Legs and Knock Knees

Introduction

The aim of this fact sheet is to answer some of the questions that you have about bow legs and knock knees and their management.

What are bow legs?

This is when there is a gap between the child's knees and ankles when standing with their feet together. This is normal in children less than two years of age. The child's legs should gradually straighten once they start to walk, typically around 12-18 months of age.

What are knock knees?

This is when a child stands with their knees together and their ankles are at least an inch apart. A gap of 2.5 inches (6-7cm) is normal between the ages of two to four years old. With growth the legs usually become increasingly straight and fully resolved at around 7-10 years.

What problems can occur?

Only rarely are bow legs or knock knees the result of disease, but in some cases there may be an underlying cause.

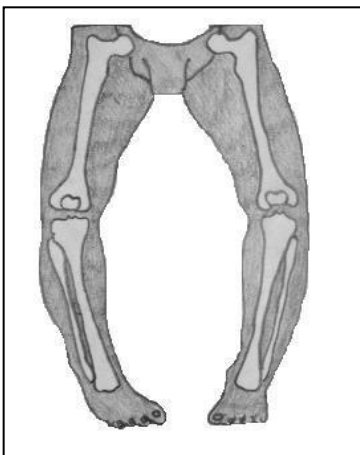
What treatment will be required?

There is no treatment usually needed for the vast majority of children with bow legs or knock knees, unless there is a rare underlying cause which requires medical attention. It is advised that children have lots of opportunity to be physically active to aid their physical development and gross motor skills.

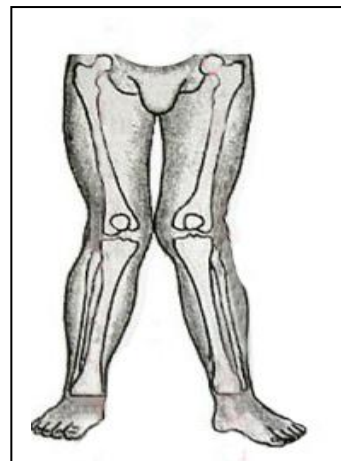
When to refer

If the appearance is striking and persists for longer than the expected age range, or if there is associated pain or impact on normal function, then advice should be sought from your GP.

Summary: Most children with bowed legs or knock knees will not need treatment.



Bow legs



Knock Knees

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