

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

In the first 18 to 24 months of life, a child's legs naturally bow outward to the side. When the child stands with the feet together, the knees are far apart. A family history of bowed legs (genu varum) is common.

Beginning around 2 years of age it is common to see the legs become knock-kneed (genu valgum). 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 10 years of age, the legs are straight.

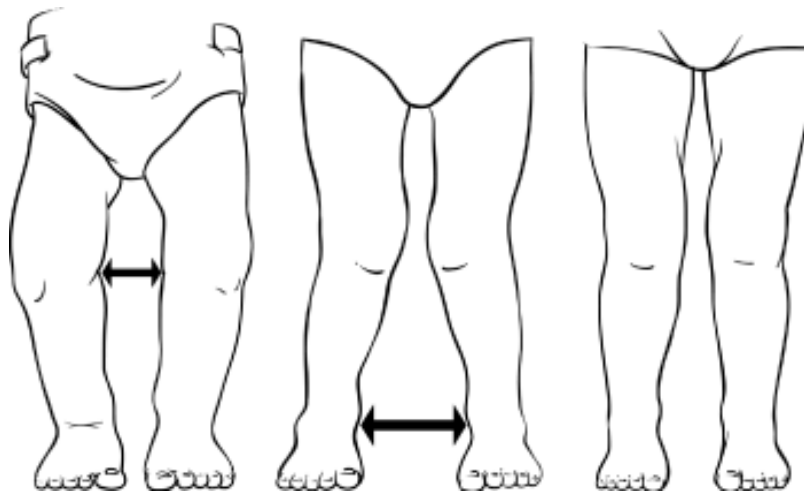
### Treatment:

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