

## Contact us

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podiatry

## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and Complaints Team on freephone 0800 328 7971

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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Community

Podiatry

## Bowlegs and knock-knees in children

## Bowlegs

As the legs grow and develop from birth, they normally go through a period of being bowlegged. If the baby stands or lies with their feet together, there will be a space between the knees; it is present in both legs.

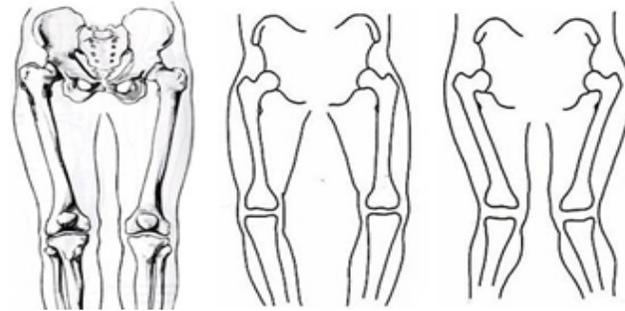
This bowing is due to the forming of the legs while the baby is still in the womb when the bones are soft and flexible. The bend in the legs often causes the child to also walk pigeon-toed (with feet pointing inwards). A family history of bowing is common.

This period is usually from birth to 18 months but can sometimes be present until 4 years of age. The bowlegs usually straighten out with no treatment.

## Criteria for treatment

For most children the bowing corrects itself with normal growth and development. If you are concerned about whether or not the bowing is getting better, then you can take photographs of your child's legs every six months to keep a record of the change.

Orthopaedic evaluation is recommended if the bowlegs are severe, getting worse, develop after age 5 years, involve only one leg, are in combination with severe in-toeing or if the child is very short.



Normal

Bowlegs

Knock-knees

Bowing is common in children under two.

Knock-knees are common from ages 3 to 5 years.

## Knock-knees

At the age of 3 to 5 years, many children go through a period of mild knock-knees. If the child stands with knees together, there will be an open space between the ankles. As with bow-legs, this is a normal process noted during a child's development.

By 8 years of age the knee usually straightens itself, although some knees may not completely correct until 12-14 years. A lot of adults still have some mild degree of knock-knee. Sometimes knock-knees are seen when the child is overweight.

## Criteria for treatment

Knock-knees spontaneously correct almost all of the time, and there is no evidence that braces, special shoes, or exercises are helpful