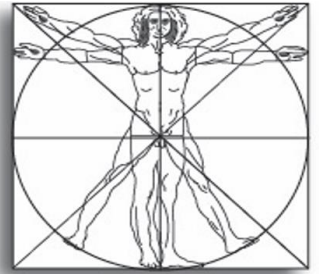


SOUTHPORT PHYSIOTHERAPY CENTRE



Summer 2016/17

CHILDREN: BOWLEGS OR KNOCK KNEES

Physiotherapists are often asked to assess children with bowlegs or knock-knees.

Bowlegs and knock-knees are very common in young children.

As children develop, they commonly go through a stage where they may have either of these conditions. Most often the legs will straighten by their teenage years without any intervention.

Bowlegs are normal up to the age of three.

As the child starts walking, their legs usually straighten. Often the child may go on to develop knock-knees by the age of four years.

Most children have knock-knees between the ages of three to eight years.

They usually start to correct after eight years.

For bow legged children, if the distance between the knees (with the ankles together) is greater than six centimetres by age four, have the legs checked.

For knock kneed children, if the distance between the feet (with knees together) is greater than eight centimetres by age nine, have them checked.

If treatment is recommended, often simple measures such as exercises/games, taping and/or appropriately prescribed orthotics may be all that is required.



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