

Montefiore Pediatric Orthopedic and Scoliosis Center

Children's Hospital at Montefiore

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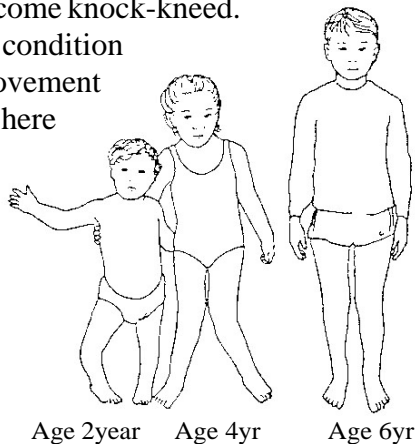
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Bowlegs and Knock-Knees

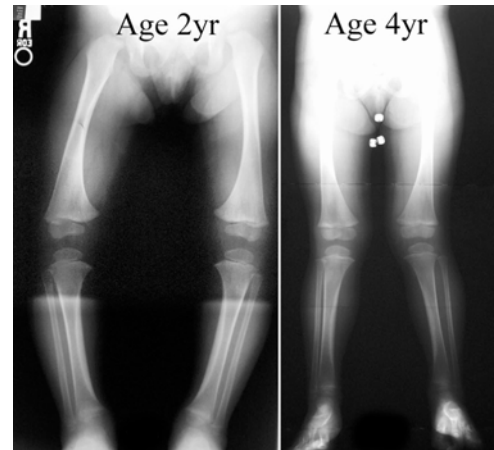
Introduction:

During normal development many children are bowlegged and then become knock-kneed.

Most children with this condition have spontaneous improvement and the sequence noted here is very common.



Age 2year Age 4yr Age 6yr



Spontaneous Improvement

Xray example expected in most cases of children with bow legs

Examination:

Your doctor may be concerned if the deformity is severe, occurs on only one side, or runs in the family.



Severe one side only Runs in the family

Treatment:

Your doctor will decide if your child's bowed legs or knock-knees are a normal variation. If it is determined that the condition is a variation of normal, no specific brace or shoe treatment is recommended. Special shoe and brace treatments have not been shown to be effective. Such treatments are considered outdated. The child should simply be watched to be sure they improve over time.



Special shoes or braces are not advised

Summary:

Bowlegs and knock-knees are usually a normal part of development. Many children go through an early period of bowlegs then develop knock-knees, and then straighten out by age 6-10 years. There are no effective non-operative forms of treatment for mild bowlegs or knock-knees. Very severe cases can be corrected surgically however this is usually not done until age 8-10 years. Most cases will have self-corrected by that age.