

Knock Knees (Genu Valgum)



Normal

Knock Knees

What are Knock Knees?

Knock knees occur when a child's knees touch or angle inward while their feet stay apart when standing. This can make the legs look like the letter "X."

Knock knees are very **common in children** and are usually part of normal growth. Most children's legs straighten naturally as they get older.

Who is affected?

- Most children develop knock knees between **ages 3 and 6 years**.
- Both legs are usually affected, but sometimes one leg may look more curved.
- Usually, the child is otherwise healthy and active.

Causes

1. **Normal growth (physiological)** ○ Knock knees often develop naturally in early childhood.
 - Legs usually straighten by **age 7–8 years**.
2. **Underlying medical conditions (less common)** ○
 - Rickets** (vitamin D deficiency) ○ **Obesity** affecting leg alignment ○ **Bone growth disorders**

Signs to watch for

- Knees touch or angle inward while standing.
 - Legs form a noticeable **"X" shape**.
 - Usually painless.
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- Look for asymmetry, pain, or worsening curves—these need medical review.

Diagnosis

- Made through a **clinical examination** by a doctor.
- X-rays may be taken if the knock knees are **severe, asymmetric, or persistent**.
- Blood tests may be done if there is concern about rickets or other metabolic issues.

Treatment

Normal knock knees

- Usually **no treatment needed**.
- Encourage the child to **play, walk, and be active**.

- Legs often straighten naturally by age 7–8.

Abnormal or persistent knock knees

- Depends on cause:
 - **Vitamin D supplementation** for rickets.
 - **Exercises or physiotherapy** for mild cases.
 - **Surgery** is rarely needed if knock knees are severe, painful, or worsening.

When to see a doctor

- If knock knees are **severe or asymmetric**.
- If the child **has pain, limps, or struggles to walk**.
- If knock knees **persist after age 7–8**.
- If there are **other symptoms**, such as bone pain or slow growth.

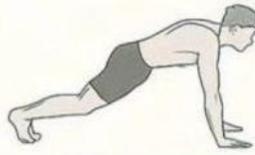
Prognosis

- Most children with normal knock knees **grow out of it naturally**.
 - Early treatment of underlying problems ensures the **best outcomes**.
 - Children usually **lead normal, active lives** without long-term issues.
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KNOCK KNEES EXERCISES



CLAMSHELL



GLUTE BRIDGE



KNEE SQUAT



PELVIC CURLING



WARRIOR I



HIP ABDUCTION



STANDING HIP EXTENSION



STANDING HIP EXTENSION



CHAIR POSE

Key Points

- Knock knees are **common in young children**.
- Usually **self-correcting** by age 7–8.
- Persistent, severe, or asymmetric cases **need medical review**.

References:

- NHS: [Knock Knees in Children](#)
- American Academy of Orthopaedic Surgeons – Patient Information