

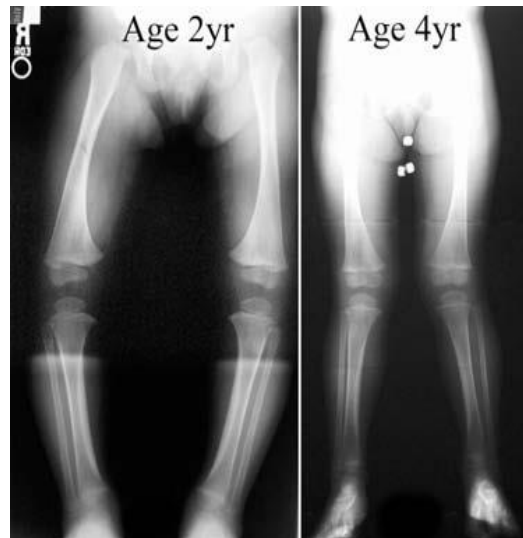
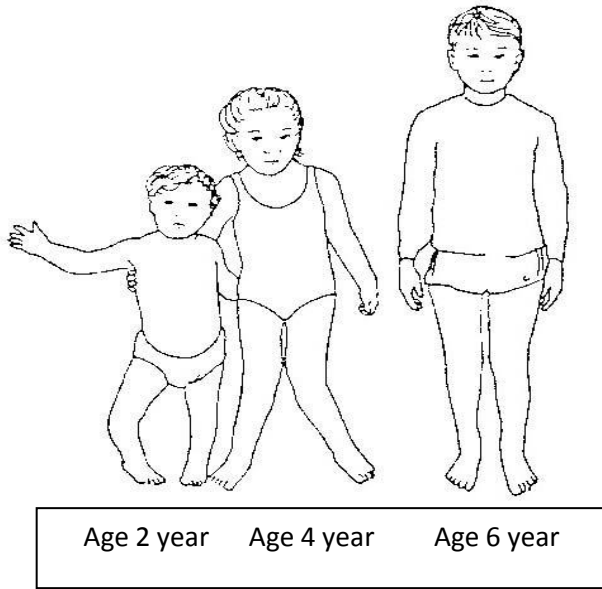


Dr. S. Matthew Hollenbeck, MD
Kansas Orthopaedic Center, PA
7550 West Village Circle, Wichita, KS 67205
2450 N Woodlawn, Wichita, KS 67220
Phone: (316) 838-2020 Fax: (316) 838-7574

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.



Spontaneous Improvement - Xray example expected in most cases of children

Examination:

Your doctor may be concerned if the deformity is severe, occurs on only one side, or 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 Such treatments are considered outdated.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.



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 8-10 years. Most cases will have self-corrected by that age.

Special shoes or braces are not advised