

Bowlegs and knock-knees

Many children have bowlegs or knock-knees. Most of the time this is a normal part of the way children's bones grow and change as they get older.

What should I know about bowlegs?

When the knees bend outward more than normal, from the knees down, it is called bowleg. Most of the time this is normal in young children up to the age of 2 or 3 years. In rare cases, a vitamin deficiency may cause bowlegs.



Treatment

Treatment is normally not needed. The medical provider will want to see your child for an exam if the condition:

- Is severe.
- Involves only one leg.
- Lasts past the age of 2 years.

Depending on the cause, braces, surgery or other treatment may be needed to correct the condition.



What should I know about knock-knees?

When the knees bend inward more than normal, from the knees down, it is called knock-knee. This is often normal in children 2 to 7 years old. As children grow, it will most often correct by itself, but can last into adulthood.

Treatment

Most often, treatment is not needed. Knock-knees normally will correct itself by the time a child 6 or 7 years old. If it remains severe or only involves one leg, the provider will want to see your child for an exam as treatment may be needed to correct the condition.



ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.