

KNOCKED KNEES

- 'Knocked knees' are found when a distance greater than 2.5 cms occurs between the ankles when the knees are brought together. This is called Genu valgum.
- Knocked knee's commonly occurs in some children between the ages of 3-5 years and is generally outgrown by 8 years of age. Occasionally there is a re-occurrence in the 12-14 year old.
- This is usually caused by a difference in growth in either side of the thighbone at the level of the knee. Sometimes the top of the thighbone is also a factor, (coxa vara).
- Concerns should be raised if one leg is affected or there is severe deformity or pain. Your Podiatrist can assess whether the knock-knee position requires further investigation.
- Flat feet may be associated with this condition. This is because the leg is at an angle to the ground, which causes the centre of body weight to fall on the inside of the foot. As a result the foot is forced to roll in and flatten.
- Flat feet may cause other symptoms, the treatment for which can be provided by your Podiatrist, and may include insoles or exercises. Please note the shape of the leg is not treated, but the symptoms of flat feet are.
- If there is a strong family history of knock-knees, i.e. one or more of the parents or grand parents demonstrate knock-knees as adults; it is possible the child may grow up with knocked knees too.
- If you have any concerns please make an appointment with your Podiatrist at one of the above clinics.

