

**Clinical Guideline:** Knock Knees (Genu Valgum) Site: FPH

Physiological knock knees is seen from three to five years of age; it resolves with growth by age eight  
May be familial

History

General Information

Knock knees are common between ages 3 and 5. When a child stands with their knees together, their feet and ankles stay apart (intermalleolar separation). In most children the legs gradually straighten with growth by 8 years.

Reassure. The majority of physiological knock knees will resolve with normal development by age eight; no specific treatment is required  
If concerned, serial measurement of intermalleolar distance every six months to document progression or resolution may be useful

Advice and Treatment

Persistence of significant knock knees beyond age eight  
Intermalleollar separation > 8 cm  
Asymmetrical deformity  
Progressive deformity or lack of spontaneous resolution  
Pain  
After a traumatic event  
Other associated skeletal deformity such as height below 5th centile for age

Referral Guidelines – red flag signs

X-ray of knees if:

* Unilateral deformity
* Progressive deformity
* Lack of spontaneous resolution

Investigation

Determine the patient's height and weight percentiles  
Measure intermalleolar distance in standing with knees together

Examination