Knock knees is a normal condition where a child’s knees are closer together than her ankles. This can start around age 2 to 3, is at its worst around age 4 and should correct itself by age 6.

CAUSES AND RISK FACTORS

This is a normal variation for a child that does not require correction. It will not cause long-term problems.

SYMPTOMS AND TYPES

There are no adverse symptoms associated with knock knees.

DIAGNOSIS AND TESTS

A doctor may recommend a physical exam and x-rays.

TREATMENT AND CARE

Observation by a health care provider is the best treatment for knock knees. Your primary care provider can help you understand if something is out of the ordinary.

LIVING AND MANAGING

Children who may have knock knees have a normal quality of life and are not limited in activity.

Need an appointment or have questions?
Call 832-822-3100 for the Main Campus Clinic and Health Centers.
For our West Campus location, call 832-227-7678.