

What Do You Need to Know About Knock Knees?



Knock knees; also known as Genu Valgum is an orthopedic condition in which the knees of a person touch each other when he/she stands or walk. This may occur either as a developmental/congenital defect or because of a disease or infection. Mild cases of genu valgum may improve without any surgery however, severe cases need surgical intervention. In this post, we will see this condition in detail along with the diagnosis and treatment of the condition.

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What Are Knock Knees?

Knock knees as the name suggests is a condition in which both knees of the person knock against each other. This condition is also characterized by the separation of ankles because of the inward movement of the knees. Knock knees are common in girls but, the condition may also develop in boys.

If you know that knock knees are normal in developing kids. Yes, young children have a slight degree of knock knees when they are growing. The condition usually improves until the child grows 6.

In some children, it is visible whereas, in some, it is not. In rare cases, an underlying bone disease may also be the cause of knock knees, especially when it develops in the early stages of life.

When Knock Knees Become a Problem?

You know that knock knees are normal until a certain age. Now, the problem occurs when the curve does not improve after 5 or 6 years of age. Besides this, if it develops after 6 years of age, it is problematic and is known as knock knees syndrome.

Knock knees affect both knees however in some cases, the condition may affect only one knee.

What Causes Knock Knees?

A developmental disease, congenital problem, infection, or traumatic injury may be the cause of knock knees. Here are some of the conditions that may result in genu valgum:

- Metabolic disease
- Lack of vitamin D
- Growth plate injury

- Trauma causing injury to the knees
- Bone infection like osteomyelitis
- Congenital conditions
- Knee arthritis
- Benign bone tumors
- Obesity

What Are the Symptoms of Knock Knees?

One of the most obvious symptoms of knock knees is the separation of the ankles of the person and inward bending of both knees towards each other. A physical examination may easily detect this position of the legs. Besides this, other symptoms of the condition may include:

- Pain in the hip or knees
- Foot or ankle pain
- Difficulty or pain while walking
- Stiff or sore joints
- Limping
- Knee instability

How Are Knock Knees Diagnosed?

The diagnosis of the condition is made with a physical examination followed by imaging tests. During the physical examination, the orthopedic specialist

will look for deformity in the leg, especially inward bending of the knees. Besides this, the gait of the person along with other symptoms will also be examined. Diagnostic tests which may be ordered include an x-ray or EOS in standing alignment.

What is the Treatment for Knocked Knees?

The treatment of the condition will depend on its cause. However, in children, the orthopedic specialist will apply bracing to correct the alignment of the knees. Knee-realignment osteotomy is performed if bracing did not work, or the condition is diagnosed in an adult. If nothing works, surgery is required. During the treatment, the healthcare service provider will also notice the cause of the symptom.

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Source:-

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