

## Contact us

### Children's Physiotherapy Direct

Tel: **0300 421 6980**

**www.ghc.nhs.uk**

0-16 years (or 16-18 in full-time education).

Open Mon-Fri (excluding bank holidays) 9am-12 pm.

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health and adult social care services, you can contact one of the advisers from our service experience team.

All enquiries are completely confidential. You can contact us between 9am-5pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy read and other languages on request.

**Telephone:** **0300 421 8313** (answerphone available outside office hours)

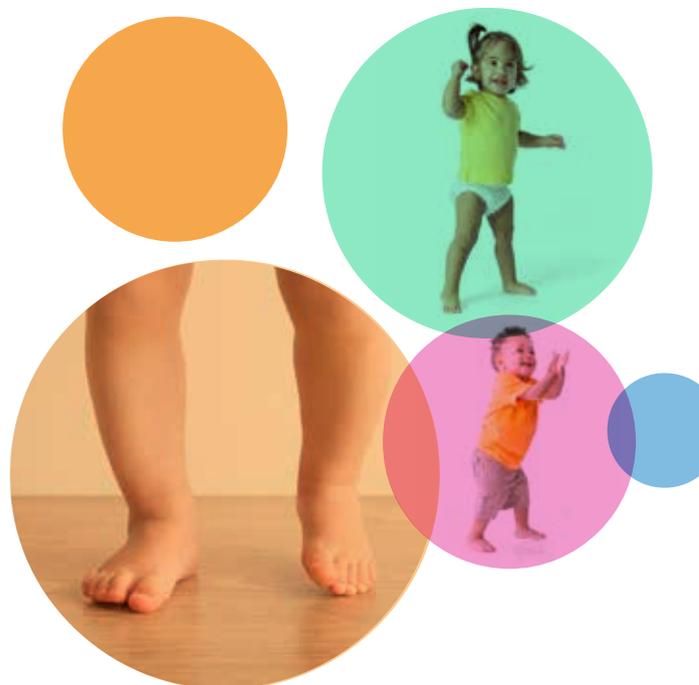
**Email:** **experience@ghc.nhs.uk**

**Write to:** **Patient and Carer Experience Team,  
Gloucestershire Health and Care  
NHS Foundation Trust, Edward Jenner  
Court, 1010 Pioneer Avenue, Gloucester  
Business Park, Brockworth,  
Gloucester GL3 4AW**



**Gloucestershire  
Health and Care**  
NHS Foundation Trust

## Bow Legs



## Information for patients

## Bow Legs

Bow legs is the term used to describe outward curving of the legs. Most children have some bowing of the legs when they start to walk. It is common from birth and usually straightens by itself by the time the child reaches 3 years old. This bend in the leg often causes children to walk with their feet turned in (in-toeing).

It is normal for infants to be born with bow legs. Bow legs are a normal part of a child's growth and may become more obvious in toddlers as they begin to walk. When a child with bow legs stands with their feet and ankles together, the knees stay apart. In most children bow legs disappear without treatment by the time they are two or three years old.

## The facts

- In normal childhood development, both legs will look similar.
- Because bow legs and knocked knees usually correct naturally, special shoes, braces or exercises are not recommended.
- Bow legs will not affect a child's normal mobility.



## Contact your child's GP if:

- Your child's bow legs are severe
- Bow legs persist after age three
- Only one leg is affected
- Your child has pain or a limp
- Your child is unusually short for their age.

Your GP will examine your child's legs, ask about any pain or walking difficulties, and may take some measurements.

## What can I do?

If you are concerned about the shape of your child's legs, it may be helpful to take a photograph of your child every six months to show your GP (doctor). Photograph your child standing with their knees facing forward.

