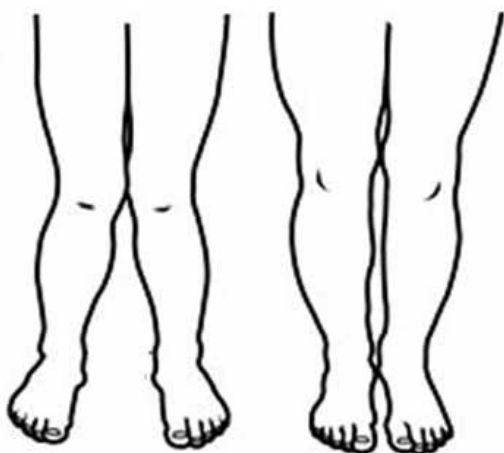


## Knocked Knees: Information for parents

### Introduction

Knocked knees are common in children and are part of the process of normal development. Knocked knees are when the knees touch together but the ankles remain apart.

This is very common in children aged three to six. With growth the knock knee should resolve by ages seven to eight.



### What can I do?

- No physiotherapy treatment is required as this usually resolves as part of typical development
- If the legs appear very asymmetrical you should contact your GP
- If knock knee persists after the age of eight and the distance between the ankles is increasing you should contact your GP

### The Facts

- In normal childhood development both legs will look similar
- Children with knocked knees do not benefit from physiotherapy
- Knocked knees will not affect a child's normal mobility

### Contact Us

Children's Physio Direct

Call: 0300 421 6980

Monday to Friday, 9am to 12pm  
(excluding Bank Holidays)

For 0-16 years (or 16-19 in full-time education)

## Your experience

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health or 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 and 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: [yourexperience@glos-care.nhs.uk](mailto:yourexperience@glos-care.nhs.uk)

Write to: Service Experience Team, Gloucester Care Services NHS Trust, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW