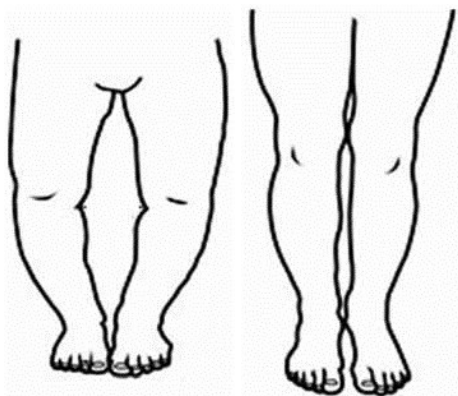


## Bow Legs: Information for parents

### Introduction

Bow legs are when there is a gap between the knees when the feet are together.

This is very common in babies and young children up to the age of two years.



### What can I do?

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

### The Facts

- In normal childhood development both legs will look similar
- Children with bow legs do not benefit from physiotherapy
- Bow legs 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