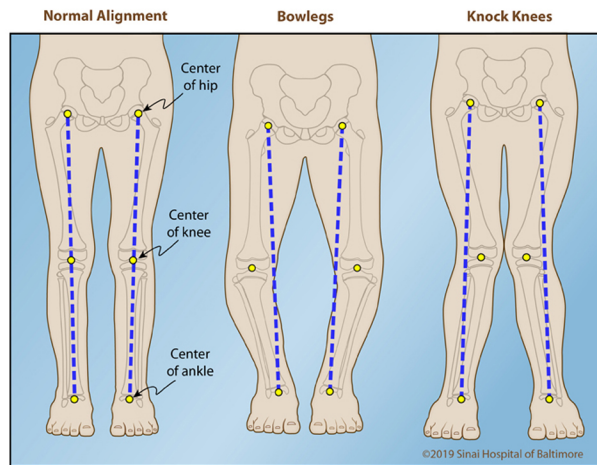


SHOULD I BE CONCERNED ABOUT MY CHILD'S LEGS?

MOSAIC HEALTH & REHAB

There are many different variations of leg alignment you may notice in your child. Commonly, many notice toes pointing in, toes pointing out, knock-knees, or bow legs in early childhood. These are typically due to excess rotation in one of the bones of the leg.

This rotation is part of typical development and decreases over time as your child grows. Research shows that most children grow out of these postures by the age of 8 years old. Historically, the most common cause of alignment abnormalities is rotation of the tibia.



90% of excessive rotation resolves on its own by the age of 8, no treatment required. If a child has a traumatic birth history and demonstrates excessive alignment abnormalities after the age of 8, PT may be considered.

The tibia is the the main (large) bone in the lower leg. This rotation causes the leg position to alter in one of the four listed positions. One common cause of tibial rotation is frequent "W" sitting.

W sitting perpetuates rotation and weakens the muscles of the hips and core that children use to stabilize themselves as they play.



DOES MY CHILD NEED PT?

Probably Not!

Most altered alignment spontaneously resolves due to increased forces placed on the bones from upright walking throughout childhood. Here are some things you can do at home to encourage proper alignment.

Strengthen Core & Hips

Encourage squatting to play. It increases core and glut activation.

Work on planking. Any type, including over a ball or surface for support, increases core activation. Do this while completing a puzzle or playing a game.

Have your child lie on their back. Complete windshield wipers with legs straight, clamshells with knees bent to improve rotation of the hips, and bridges (lifting bottom off ground) to strengthen hips.

Decrease W Sitting

Encourage other sitting positions, such as criss cross, long sitting, lying on stomach, or side sitting. It is also ok to sit on feet as long as they are directly under the bottom, not out to the side.



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4. Can W Sitting Harm Your Child? Ochsner Hospital Website. 2018.
5. Pearl E. Bow Leg (Genu Varum). Kids Health From Nemours. www.kidshealth.org. Accessed February 20, 2020.

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