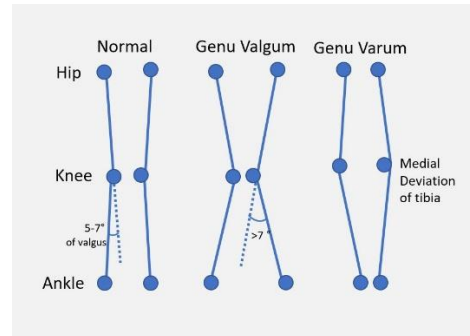
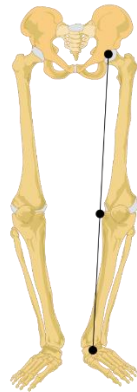


The Big Lie About Bowlegs. How to fix

Bowlegs or genu varum is a condition when your ankles can touch but your knees curve outward. Bowlegs are common in infants and toddlers and usually goes away without treatment.



(Bowlegs=Genu Varum)

What can cause bowlegs?:

1. Bony deformities. A common deformity is tibial torsion or twisting of the lower leg bone (inward or outward)
2. Blount's disease? *Blount's disease* is a condition found in children that affects the growth plates around the knee. The disease causes the growth plate near the inside of the knee to either slow down or stop making new bone. Meanwhile, the growth plate near the outside of the knee continues to grow normally.
3. *Rickets* *Rickets* is a condition that affects bone development in children. It causes bone pain, poor growth and soft, weak bones that can lead to bone deformities. Often caused by a vitamin D or calcium deficiency.
4. Osteomalacia or soft bones. Osteomalacia affects both children and adults and is a disease in which the bones don't contain enough bone mineral (mostly calcium and phosphate).

What is the big Lie?

Bowlegs CANNOT be changed with exercise. Exercise may make your muscles or bones stronger, but they will now change the shape of your bones. The only way to change the shape of a bone is to break it and straighten it. If you are watching videos on how to correct your bowlegs with exercise it is a waste of your time.

What May help slightly?

1. Don't stand with knees locked back into hyperextension – it exaggerates bowlegs and puts more stress on the joint.



2. Replace shoes (if wore out on the outer edge). Can make knee bowing worse
3. Worn out cartilage on the inside of your knee can cause bowing or make it worse. Knee replacement may help if knee is painful.
4. If knee ligaments are lax or loose a knee brace may help provide some relief or slow down progression of bowing. A brace with hinged metal staves on the side should be tried.