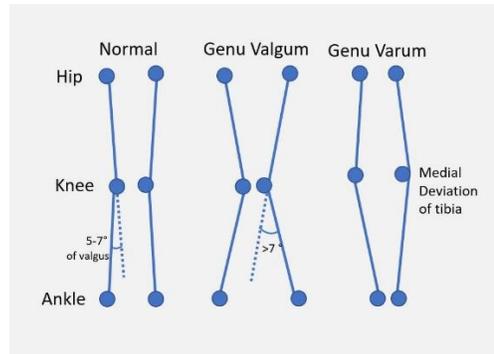


What Could Be Causing Your Knock Knees (Adults). How to Fix?



(Genu Valgus)

When we are talking about knock knees, we consider three circumstances:

1. Those who present with knock knees (valgus angle) when squatting (i.e., lifting weights or in athletic sport-volleyball, basketball, etc.)
2. Those who present with knock knees all the time due to tight muscles, weak muscles, or habit.
3. Those who present with knock knees all the time due to structural or bony abnormalities, arthritis. We cannot change this type of knock knees.

Frequently that what is occurring at a knee is being affected by the hip or foot/ankle. You need to look upstream and downstream.

Knock knees with squatting

Let us start with the knock knees that occur only with squatting. The external rotators of the hip may be weak causing internal rotation of femur and valgus (knock knees) at the knee. The hip internal rotators may also be tight.

The quadriceps may also be weak, so as you squat down the knees go in to try and get other muscles to help with the squat. Other muscles may include the hip adductors which pull the knees in toward each other. The outside calf muscles may also get tight from a flat foot or feet, or if knees are frequently knock kneed.

Some solutions:

1. Strengthen the quads by squatting narrow based so hip adductors do not kick in. Ball on the wall works great.



2. Figure 4 stretch in the seated position – at same time apply inversion stretch to foot- sole up to ceiling (stretches outer calf).



3. Clam Shells – progress to band. Long sit with knee bent- take into external rotation from adducted position.



Knock knees all the time (tight or weak muscles, habit)

The external rotators of the hip may be weak causing internal rotation of femur and valgus (knock knees) at the knee. The hip internal rotators may also be tight. The outside calf muscles may also get tight from a flat foot or feet, or if knees are frequently knock kneed.

Some solutions:

Hints:

1. Do not stand with knees hyperextended.



(Normal Knee)



(Hyper Extended Knee)

2. Figure 4 stretch in the seated position – at same time apply inversion stretch to foot- sole up to ceiling (stretches outer calf).



3. Clam Shells – progress to band. Long sit with knee bent - take into external rotation from adducted position.



4. Foam roll or use ball on outside calf muscles. Or use massage gun.



5. Do not let sole of shoes wear out - especially flat footed - they will promote knock knees.



(Knocked Knees)

6. Try Sumo squats. Sumo squats will move your knees outward.



(Sumo Squat)