

Genu Valgum / Genu Varum Assessments

Genu Valgum “Knock Knees”

Intermalleolar Distance

The child should stand with their knees together and their feet facing forward.

The distance between the right and left medial malleoli should be measured.

< 8cm is considered within normal range

>8cm is considered a severe deformity. Please refer to orthopaedics.

This child’s subjective history along with the rest of their physical exam should determine whether they require a referral to orthopaedics only or additional services.

Please refer to the referral guidance document to determine the most appropriate service:

ADD LINK TO REFERRAL GUIDANCE DOCUMENT



Genu Varum “Bow Legs”

Femoral Intercondylar Distance

The child should stand up with their feet/ankles touching. The distance between the right and left medial femoral condyle should be measured.

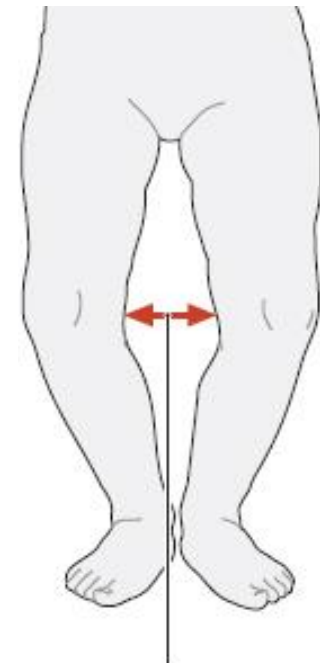
< 6cm is considered within normal range

>6cm is considered a severe deformity. Please refer to orthopaedics.

This child’s subjective history along with the rest of their physical exam should determine whether they require a referral to orthopaedics only or additional services.

Please refer to the referral guidance document to determine the most appropriate service:

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Intercondylar distance