

# Genoa valgus

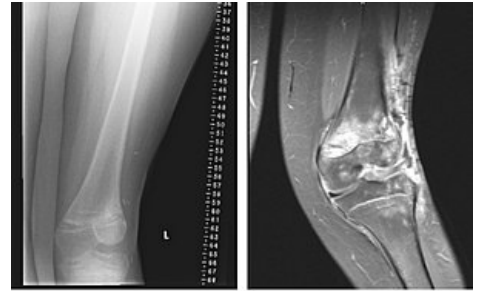
**Genua valga ( bowed knees )** are characterized by an increase in the physiological valgusity of the knee joints (one-/two-sided).

At the age of 3-4 years, this is a common finding.

## Etiology

The reasons can be different:

- in children – hypoplasia of the lateral femoral condyle , chondrodystrophy , osteogenesis imperfecta , rickets , increased joint laxity, metabolic diseases, fractures,
- in adults – conditions after inflammation of the knee joint, intra-articular fractures, rheumatoid arthritis , arthrosis of the lateral joint surfaces.



Genoa valgus

## Clinical manifestations

- the knees touch with their inner surfaces, the lower leg turns to the side → **"legs in X"** ,
- the medial condyle of the femur protrudes,
- often associated with a flexible planovalgus position of the foot .

## Subjective difficulties

- tiring walking, difficulty running, retropatellar pain, ligamentous instability of the knee, cosmetics.

## Size rating

- intermalleolar distance (IMD) – the distance between the inner ankles, physiologically up to 2 cm,
- angle between the longitudinal axes of the lower leg and femur,
- **physiological valgusness** of the knee joint averages 6 °.

## Treatment

A finding in childhood usually resolves without treatment.

- With an IMD of around 8 cm → **exercise** , modification of shoes – increasing the sole on the inside of the shoe.

On failure → **night splints** .

## Operative treatment

- temporary growth arrest by medial hemiepiphyodesis of the distal femur according to Blount , supracondylar correction osteotomy of the femur.

## Links

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- Hereditary osteonychodysplasia
- Congenital multiple exostoses
- Marfan syndrome
- Enchondromatosis
- Spondyloepiphyseal dysplasia

### References [ [edit](#) | [edit source](#) ]

- SOSNA, A, P VAVŘÍK and M KRBEC, et al. *Basics of orthopedics*. 1st edition. Prague: Triton, 2001. 175 pp. ISBN 80-7254-202-8 .
- Dungl, P, et al. *Orthopedics*. 1st edition. Prague: Grada Publishing, 2005. 1273 pp. ISBN 80-247-0550-8 .

## References [ [edit](#) | [edit source](#) ]

1.  ↑Jump up to:a b c d DUNGL, P., et al. *Orthopedics*. 1st edition. Prague: Grada Publishing, 2005. ISBN 80-247-0550-8 .
2.  ↑Jump up to:a b c d e f g h i j SOSNA, A., P. VAVŘÍK and M. KRBEC, et al. *Basics of orthopedics*. 1st edition. Prague: Triton, 2001. ISBN 80-7254-202-8 .