

# Genoa vara

## Under construction

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This article has been translated from WikiSkripta; ready for the **editor's review**.

**Genua vara ( bent knees )** represent a very common deformity of childhood. They are normal in newborns. When the child begins to walk, the deformity becomes even more pronounced.<sup>[1]</sup>

## Etiology

- Rickets,
- conditions after fractures, inflammation and paralysis, Arthritis,
- Blount's disease – avascular necrosis of the medial part of the proximal metaphysis of the tibia.
- Fibrocartilaginous dysplasia ( unilateral ),
- deforming arthrosis ( adults ).<sup>[2]</sup>

## Clinical manifestations

- while standing upright, feet and ankles together, knees apart → "**legs in O**".

## Size rating

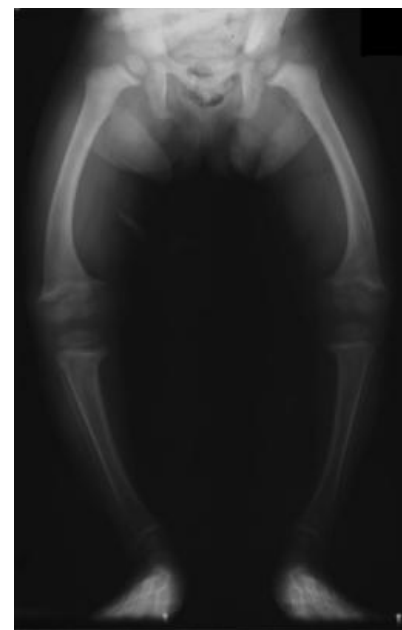
- intercondylar distance,
- the angle between the longitudinal axes of the Femur and lower leg.<sup>[2]</sup>

## Therapy

In children up to 2-3 years of age, the varus position of the knees is considered physiological. The adjustment usually occurs spontaneously<sup>[2]</sup>.

For more severe deformities (intercondylar laxity around 10 cm), the boots are adjusted (increasing the outer edge of the sole). Night correction splints are applied to sleep.

In adulthood, a corrective osteotomy of the tibia can be performed to align the axis of the lower limb.<sup>[2]</sup>



X-ray image of genua vara in rickets

## Links

### Related Articles

- Genua valga
- Turner Syndrome

### References

- SOSNA, A – VAVŘÍK, P – KRBEC, M, et al. *Základy ortopedie*. 1. edition. Praha : Triton, 2001. 175 pp. ISBN 80-7254-202-8.
- DUNGL, P, et al. *Ortopedie*. 1. edition. Praha : Grada Publishing, 2005. 1273 pp. ISBN 80-247-0550-8.

### References

1. DUNGL, P., et al. *Ortopedie*. 1. edition. Praha : Grada Publishing, 2005. ISBN 80-247-0550-8.
2. SOSNA, A. – VAVŘÍK, P. – KRBEC, M., et al. *Základy ortopedie*. 1. edition. Praha : Triton, 2001. ISBN 80-7254-

