(The Legs) 1.Suitable Corrective Exercise (For Genu Valgum) To correct Genu Valgum, the training goal is to strengthen the outer hip/thigh muscles (Gluteus Medius) and stretch the tight inner adductor muscles.PDF o Incorrect Sitting Postures: Prolonged sitting on the floor in a "W-sitting" position (with knees bent and feet facing backward) heavily causes inward rotation of the thigh bone. PDF o Muscle Imbalance: Weakness in specific muscle groups (like the gluteus medius) combined with tightness or shortening in opposing muscles forces the joints out of their natural alignment.PDF 4. Explanation and Diagram of One Deformity: Genu Valgum (Knock Knees) o Explanation: In Genu Valgum, the mechanical alignment of the leg shifts inward. The knees knock or press against one another during standing, causing the ankles to separate widely outward, giving the legs an "X" shape.Deformities That May Affect the Lower Limbs According to the curriculum, there are three primary postural deformities: o Genu Valgum (Knock Knees / X-Shape): The knees tilt inward and touch each other, while the ankles remain far apart.Definition of Deformity A postural deformity of the lower limbs refers to any deviation of the legs from their normal alignment.PDF o Genu Varum (Bow Legs / O-Shape): The legs curve outward, creating a wide gap between the knees while the ankles stay close together.PDF o Femoral Anteversion (Inward Thigh Rotation): A condition where both the knees and toes point inward while walking.Any shift that causes the knees or ankles to move abnormally inward or outward is considered a deformity.Causes of These Deformities o Normal Growth Stages: Mild bowing or misalignment is very common in young children and is often a natural part of physical development.In a normal state, the thigh and leg form a straight line, where the knees and ankles align on the exact same axis.PDF o Selected Exercise: The Clamshell Exercise.This target-strengthens the hip external rotators to pull the knees back into a straight line.Lie down on your side with your hips and knees bent at a 90-degree angle, keeping your feet stacked together.PDF 3.PDF o How to Perform: 1.Slowly raise your upper knee as high as possible toward the ceiling while keeping your feet touching.2.2.3.

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