

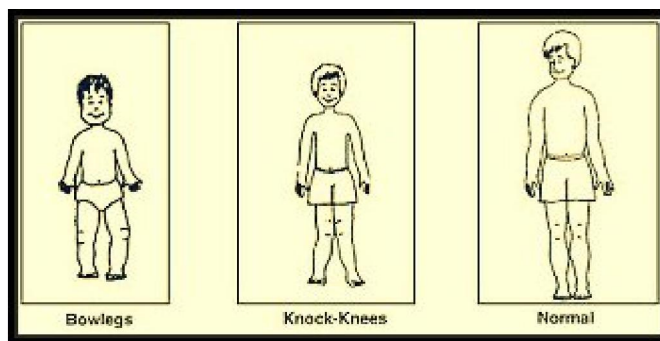
Knock knees can be one of the reason to be **unfit for Indian army** or Indian defence forces. If you have knock knees then you will be declared as unfit during **ssb interview medical examination**. This medical condition is very rare but few candidates may have knock knees, also, sometimes candidates misunderstands about knock knees problem and take tension unnecessarily.

What are knock knees?

Knock knees are deformities at the knee, in which knees of a standing person touches each others but not the ankles. In other words, in a normal standing position, a person with knock knees has gap between ankles but not between knees.

Do I have knock knees problem?

Most of the candidates are not aware about the procedure by which a medical officer check knock knees, so they just keep worrying by checking themselves in different ways. The correct way is to stand simply and keep very little gap(3 inches) between your ankles, check whether your knees are touching or no, even if it is touching a little, it is just normal. Real knock knees problem won't let your ankles touch each other. Check the below picture for more clarity on this.



Pic:connecticutchildrens.org

Treatment and Exercise for Knock Knees

Knock knees problems basically starts from childhood and gets cured by its own as we start growing, but some of us do not get the proper development of bones which leads to knock-knees. This problem won't let us to walk or run freely, which makes it a reason to be unfit for Indian

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armed forces. Candidates with little knock knees can start exercising and yoga to cure this problem, few of the exercise and treatments for knock knees are:

- Take vitamin D and calcium supplements, vitamin C supplements.
- Virasana, or hero pose, is effective in treating flat feet and knock knees.
- Keep a block between thighs and try to move your legs as close as you can, hold it for 3 mins, keep repeating.
- In a standing position, bring the legs 4 feet apart and stretch the arms out to the side. Turn the right toes to the right and deeply bend the right knee. Activate the arches and keep the right knee touching the wall. Hold for 30 seconds and repeat on the other side.
- For more on knock-knees treatment do refer: livestrong.com

Do not misunderstand this problem, hope this articles clears most of your doubts you are suggested to consult a physician for proper care and treatment, this post is just for basic information on knock knees.