



STEVE  
HOGG

BACK, NECK, SHOULDER, ARM AND HAND ISSUES

**Real life questions asked of Steve  
between 2004 and 2008 with Steve's answers**

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## **Back, Neck, Shoulder, Arm and Hand Issues**

By Steve Hogg • 74 pages – 27,687 words

### **Table of Contents**

Neck pain .....	3
Shorter arm .....	4
Shoulder cramps.....	5
Shoulder cramps # 2.....	6
Tension headaches.....	7
Persistent finger numbness .....	8
Numb hands.....	9
Neck pain .....	10
Lower back pain .....	10
Lower back pain .....	11
Upper Body Aches.....	12
Lower back pain .....	13
Back pain solution.....	16
Shoulder surgery .....	16
Cycling and lower back pain .....	18
Arm length discrepancy .....	19
Neck and shoulder pain .....	20
Back Pain.....	21
Bike fit and cleat adjustment.....	22
Upper body pain .....	24
Pelvis support with a new saddle .....	26
Lower back pain .....	27
Bike fit and back pain .....	28
Lower back spasm .....	31
Bike Fit.....	32
Pain in the neck.....	35
Back surgery .....	36
Big hands in Deda bars.....	37
Lower back problems .....	38
Cycling and sciatica.....	41
Aerobars.....	42
Lower back pain .....	43
Lower back .....	45
Frame size .....	48
Lower back pain .....	49
Shoulder-tendon pain.....	50
Arm pain .....	52

Elbow tendonitis and saddle sores.....	53
Surgery concerns.....	55
Lower back pain .....	55
Upper right back pain .....	57
Numb hands.....	58
Elbow pain .....	59
Lower back pain .....	60
Neck and shoulders - agony .....	63
Recumbent for lower-back pain? .....	64
Pain in the trapezius.....	65
Fit issues .....	66
Back pain from spondylolysis .....	68
Lower back pain .....	69
Wrist/finger problems.....	70
Thanks Steve .....	71
T-12 fusion back surgery .....	72
Neck pain and head aches.....	72

**Important note: When much of this was written, I thought that forefoot varus was common. I have realised over time that what is often mistaken for forefoot varus in cycling circles is in fact rear foot varus. So any time you see mention of "forefoot varus" in these pages, consider it a mention of rear foot varus as well. The post on our site entitled [FOOT CORRECTION PART 2 – Wedging](#) will explain more.**