



STEVE
HOGG

GROIN, UPPER LEG, LOWER LEG, KNEE,
ANKLE AND ACHILLES TENDON ISSUES

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

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Groin, Upper Leg, Lower Leg, Knee, Ankle and Achilles Tendon Issues

By Steve Hogg • 321 pages – 124,459 words

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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.