



STEVE
HOGG

LEG LENGTH DISCREPANCIES,
LEFT / RIGHT ASYMMETRIES AND PAIN ON ONE SIDE

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

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**Leg Length Discrepancies,
Left / Right Asymmetries and Pain on One Side**

By Steve Hogg • 267 pages – 104,493 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.