

Coastal Podiatry Associates



Back to School: Are Your Little One's Feet Ready?

As the school year kicks off, don't forget that foot health plays a huge role in your little one's comfort and confidence. Here are 3 things to check before they head back to class:

- 1. Check Their Shoes-** Kids' feet grow fast! Worn-out soles or cramped toes can lead to pain, blisters, and posture problems.
- 2. Don't Skip the Socks-** Breathable, moisture-wicking socks help prevent athlete's foot and odor.
- 3. Schedule a Foot Check-** If your child plays sports or complains of foot or heel pain, now's the time for a quick visit.

[Request an appointment](#)

843-449-3668

Podiatry Riddle of the Month:

What do feet say when they meet new shoes? (Answer below)



The Sports Season is Coming - Are You Ready?

Fall sports season is here, and whether you're lacing up for soccer, training for a 5K, or hitting the pickleball court, it's important to make sure your feet are ready for the challenge. At Coatsal Podiatry Associates, we treat a wide range of common fall sports injuries like plantar fasciitis, ankle sprains, and stress fractures. The right footwear, proper warm-ups, and a quick pre-season checkup can go a long way in preventing pain and keeping you active all season long.

Don't let foot or ankle issues sideline your progress. Read more and schedule a visit today!

[Read More Here!](#)

LUNCHTIME

CUCUMBER SANDWICH

This creamy cucumber sandwich balances rich and light with a tangy yogurt spread, crisp cucumber, and hearty whole-wheat bread.



CUPRESE SANDWICH

This caprese sandwich combines fresh basil, sun-dried tomatoes, and hearty ciabatta. Toasting the bread and layering basil helps prevent sogginess if made ahead.

Pack it, Plate it, Love it: 41 Easy Lunches

Whether you're packing lunches for work or school or enjoying a quiet meal at home, these healthy and quick recipes are sure to upgrade your midday routine. With fresh flavors, simple prep, and satisfying ingredients, you'll be looking forward to lunchtime more than ever!

[Explore the recipes!](#)

We're here to help you keep your feet feeling their best.

Each doctor with Coastal Podiatry Associates specializes in state-of-the-art foot and ankle care and is Board-Certified by the American Board of Foot and Ankle Surgery. Together, they have decades of combined experience and are trained in advanced surgical and nonsurgical podiatric solutions. Their goal is to provide you with gentle, optimum quality foot care at

affordable prices and to deliver their care in a compassionate and conservative manner.

Personalized treatment programs are developed to satisfy individual foot care needs.

We look forward to seeing you at any of our five convenient locations in Myrtle Beach, Conway, Little River, Surfside Beach, or International Drive.



MEET OUR DOCTORS



Dr. Scott Hamilton



Dr. Bradley Keefer



Dr. Richard Moore



Dr. Joseph Menn



Dr. William Parker



Dr. Scott Werter



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Answer to This Month's Riddle:

"Sol-mates at last!"