



Coastal Podiatry Associates



Step into The New Year With New Feet

A brand new year means a fresh start, and what better way to begin than by taking care of the feet that carry you every day? After the hustle and bustle of the holiday season, January is the perfect time to rest, recharge, and refocus on your health. At CoastalPodiatry Associates, we're here to help you start 2026 on the right foot with expert tips, personalized care, and simple ways to keep your feet pain-free all year long.

Whether your goal is to stay active, recover from lingering holiday foot pain, or finally find relief from ongoing discomfort, our team is ready to help you move confidently into the months ahead. Here's to a healthy, happy new year, from the ground up!

[Request an appointment](#)
[843-449-3668](#)

Podiatry Riddle of The Month:

Why did the foot make a New Year's Resolution? (Answer below)



Get Back in Step With Your Fitness Goals ♀

Ready to start the new year strong? Whether you're returning to the gym or beginning a new walking routine, your feet need a little extra care to stay pain-free. Our latest blog shares expert tips on how to prevent foot and ankle injuries, choose the right shoes, and make every workout a healthy step forward. Click below to read more!

[Our Latest Blog!](#)



FOOT FOODS

Foods rich in omega-3 fatty acids, antioxidants, calcium, and vitamins C and D are good for your feet.

Anti-Inflammatory Foods

Fatty fish: Salmon, mackerel, and sardines

Berries: Blueberries, strawberries, and raspberries

Nuts & seeds: Walnuts, almonds, chia seeds, and flaxseeds

Spices: Turmeric and ginger

Bone and Tissue Support

Calcium: Dairy products (milk, yogurt, cheese) and leafy greens (kale, spinach, broccoli)

Vitamin D: Found in fatty fish, eggs, and fortified dairy products

Protein: Lean meats, fish, beans, and legumes

Vitamin C: Citrus fruits, strawberries, and leafy greens

Hydration and Nerve Health

Water: Staying hydrated is essential for preventing dry skin, cracked heels, and cramps.

Vitamin B: Foods like eggs, salmon, tuna, and cottage cheese help support good nerve health, which is especially important for people with diabetes.

Foods For Healthy Feet

Save this image as a quick guide to the foods you should include daily to keep your feet healthy and happy!

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:

"To *step up* its game!"

