



# Coastal Podiatry Associates





## HAPPY NEW YEAR!

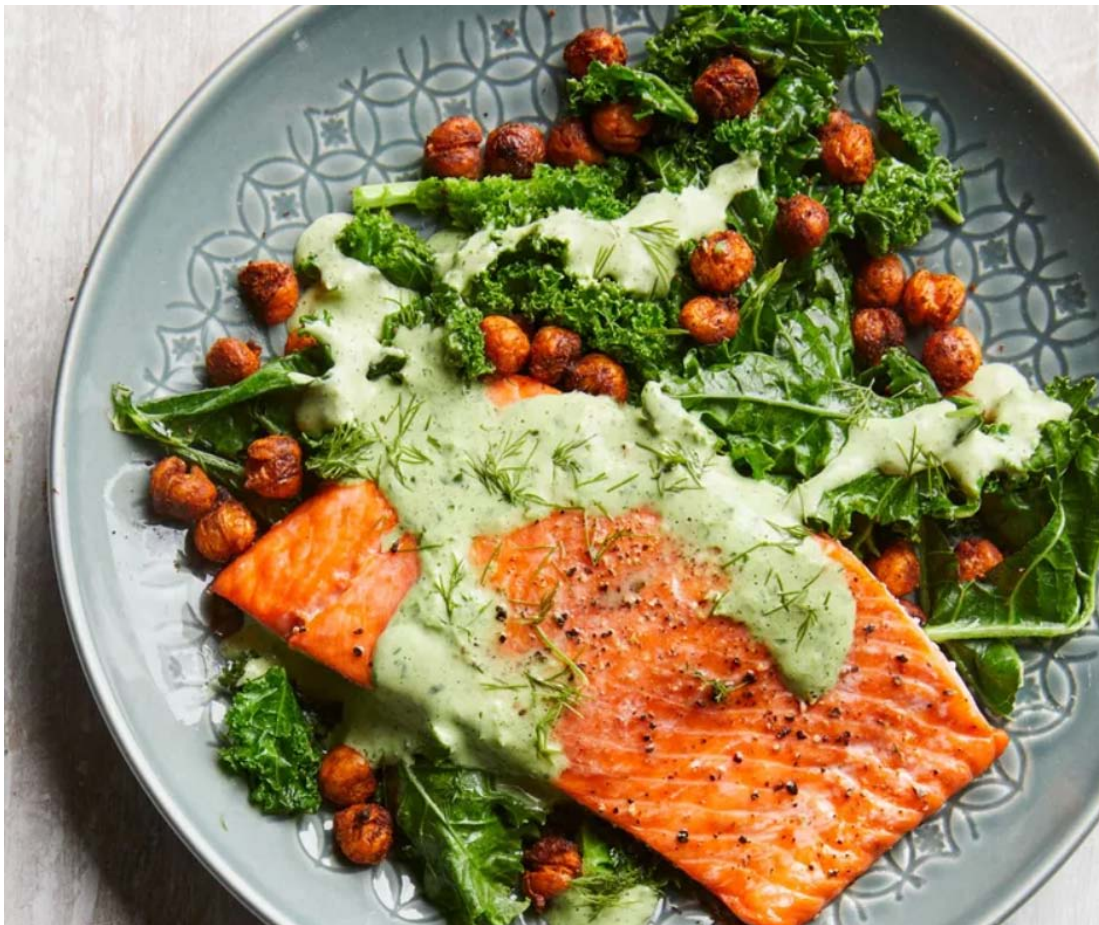
Everyone has at least one new years resolution, but if you don't, we have one for you. Step into 2025 pain free and confident after checking out our latest blog. Whether your goal is to conquer fitness goals, stroll-pain free, or simply give your hard working feet care they deserve, this guide is for you! From essential foot care tips to choosing the right footwear, we'll help you start the new year on the right foot, literally!

Click the link below to read 10 simple steps to keep your feet happy, healthy, and ready to tackle the New Year in style!

**[Start 2025 off on the right foot!](#)**

**843-449-3668**

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### **28 Anti-inflammatory Recipes**

Not 1, but 28 anti-inflammatory recipes to make in the new year! Inflammation can be aggravating to deal with, especially in the feet. Enjoy these lovely dishes while managing inflammation to be able to continue your everyday lifestyle!

Get recipes [here!](#)

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# We Have the Answers to Your Foot, Nail, and Heel Pain Questions

Patients in pain need quick answers to their foot and ankle questions. On our FAQ page, our South Carolina podiatrists provide responses to the most common injury inquiries. Browse through or search our FAQ for quick answers on your condition.

Select a Category

1 2 3 4 >



Can high arches cause other health problems?

Category: Cavus Foot & High Arches



What caused my sports injury?

Category: Sports Injuries



Can metatarsalgia heal on its own?

Category: Metatarsalgia



Can a ganglion cyst come back after being treated and healed?

Category: Ganglion Cyst



Can sesamoiditis be prevented?

Category: Sesamoiditis



What are the early signs of gout in the feet?

Category: Gout

## Don't Forget!

Our website has over 30 FAQs addressing common foot concerns, and we've got the answers you need. Whether it's foot pain, care tips, or finding the right footwear, chances are we've answered your question already.

Click the link below to explore our FAQs and take the first step towards healthier feet!

[FAQs](#)

## Once again, Happy New Year!

We look forward to seeing you at any of our five locations including, Myrtle Beach, Conway, Little River, Surfside Beach, or Carolina Forest.

1-843-449-FOOT (3668)

Get in touch!



