

# Coastal Podiatry Associates

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## **Step Into Spring with Healthy Feet!**

As the daylight gets longer and temperatures finally start to rise, it's time to transition to lighter footwear! But before you jump into sandals or running shoes, take a moment to give your feet some attention.

### **Spring Footwear Tips:**

Check your shoes for proper arch support, cushioning, and a snug (but not tight) fit.

Moisturize and exfoliate any dry or cracked skin to ensure proper hydration.

Nail care matters, be sure to trim toenails straight across to prevent painful ingrown toenails.

Ease into activity if you've been less active during the winter. Be sure to stretch your feet and ankles before all workouts and gradually increase intensity to avoid strains or plantar fasciitis.

Watchout for pollen—it's not just a car wash culprit! Seasonal allergies can also cause swelling in your feet and ankles.

*Treat your feet to the care they deserve after enduring the harsh winter chill.*

**Schedule your spring foot check-up today!**

[Request an appointment](#)

**843-449-3668**

**Podiatry riddle of the Month:**

What kind of shoes do frogs wear? (Answer below!)

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## **INSTANT POT CORNED BEEF AND MORE!**

### **St Patrick's Day Inspired Recipes**

Whether you are celebrating St Patrick's day or not, these healthy recipes are great for any day of the year! From dinner to deserts, you can have it all!

[Recipes Found Here!](#)

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### **Our March Blog is Now Out!**

As spring sports begin to start, you need to make sure your ankles and feet are ready to start too. Head over to our blog to learn more about common spring sports injuries and foot care tips for athletes!

[Click Here to Read!](#)

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### **We're here to help you keep your best 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.**

**Don't forget to follow us on all social media platforms to stay up-to-date with foot health tips and more!**







**843.449.3668**

**COASTALPODIATRY.COM**

**The answer to this months riddle: 'They wear OPEN TOAD shoes!'**