



Coastal Podiatry Associates



Healthy Feet for the Spring Heat

With warmer days finally arriving in the Grand Strand, it's the perfect time to get outside, enjoy fresh spring flavors, and stay active.

Whether you're hitting the pickleball court or taking a walk on the beach, your feet are working hard, and keeping them healthy is key to enjoying every step.

This month, we're sharing tips to stay pain-free on the pickleball court and some fresh, healthy spring recipes to keep you energized. As temperatures rise, it's especially important to watch for signs of foot stress or discomfort—your feet need care just like the rest of you!

[Request an Appointment](#)

Podiatry Riddle of the Month:

What is a podiatrist's favorite part of a loaf of bread? (Answer below)



Stay Pain-Free This Pickleball Season

Pickleball is a great way to stay moving and social, but all those quick stops and side-to-side movements can put extra stress on your feet.

From heel pain to ankle strain, these issues are common but often preventable with the right care. Learn what to watch for and how to protect your feet so you can keep enjoying the game you love.

[Read the Full Blog](#)



Spring into Fresh Flavors

With the weather finally being so delightful, we think the healthiest meals are those you can make fast so you can stay outside and soak up the season. No matter your dietary restrictions or goals (such as vegan, low-carb, gluten-free, high protein), we've found tons of easy meal ideas that'll make the whole week a breeze!

[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 THE DOCTORS



Dr. Keefer



Dr. Menn



Dr. Moore



Dr. Parker



Dr. Werter

843-449-3668

www.coastalpodiatry.com

Podiatry Riddle of the Month: (Answer)
Feet!