

# Coastal Podiatry Associates



## Spring into March

March has arrived, bringing the early signs of spring and a fresh sense of renewal. As the weather slowly warms, many people begin spending more time outdoors, increasing activity levels and putting new demands on their feet. This makes it the perfect month to check in on your foot health and make sure you are ready for the busy season ahead. Our goal is to support your steps as you make this transition into spring feeling strong, supported, and prepared for all the activities it brings.

**Tip:** As you start walking more outside, make sure your shoes still provide proper support. Worn-down cushioning or thinning tread can lead to heel pain and injuries, so inspect your footwear before ramping up activity.

[Request an appointment](#)

[843-449-3668](tel:843-449-3668)

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Podiatry Riddle of The Month:

What do feet wear on St. Patrick's Day? (Answer below)



## **Your Spring Foot Health Guide**

The new year is the perfect time to focus on your health, starting from the ground up! Our latest blog shares simple, practical resolutions to prevent foot pain, choose the right shoes, and keep your feet feeling their best all year long. Step confidently into 2026 with tips from the experts here at Coastal

Podiatry Associates!

[Read more!](#)



## **30 Healthy St. Patrick's Day Desserts & Treats**

Whether you're celebrating St. Patrick's Day or not, these 30 healthy desserts and treats make the perfect way to welcome spring flavors without guilt. They're light and festive, giving you plenty of fun options to brighten up your March. Try a new recipe each week and keep your sweet cravings on a healthier track all month long.

[Explore the recipes!](#)

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## **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

 Coastal Podiatry  
Associates  
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[www.coastalpodiatry.com](http://www.coastalpodiatry.com)

**Answer to This Month's Riddle:**

"Sham-rocking shoes, of course"