



Coastal Podiatry Associates



Beach safely!

Before hitting the beach, remember to protect your feet and ankles from potential hazards. From hot sand to sharp rocks and shells, plenty of dangers lurk beneath the surface. Make sure to wear comfortable and supportive footwear to prevent injuries and burns from scorching sand. Don't forget to apply sunscreen on the tops of your feet to avoid painful sunburns. If you're planning on exploring tide pools or rocky areas, consider wearing water shoes with sturdy soles for added protection. Always watch where you step and be mindful of any potential hazards that could cause slips or falls. By

taking simple precautions and staying aware of your surroundings, you can enjoy a safe and fun beach day without worrying about injuring your feet and ankles.

If you see something different about your feet or ankles, come see us soon. And if you hurt yourself, especially if you have diabetes, reach out to us right away.

[Request an appointment](#)

843-449-3668



Best flip-flops for heel pain?

Warm weather is here, which means it's time to break out the flip-flops and sandals. However, if you suffer from heel pain, choosing the right footwear is crucial. Opt for sandals with proper arch support and cushioning to help

alleviate discomfort. Look for options with a thick sole and a contoured footbed to provide stability and reduce pressure on your heels. Avoid flat flip-flops with thin straps that offer little to no support, as they can exacerbate existing heel pain. Additionally, consider incorporating orthotic inserts into your sandals for extra comfort and support.

By choosing your footwear wisely, you can enjoy the summer weather without sacrificing the health of your feet.

[Explore flip-flop options](#)



Greek Chopped Salad with Chicken

Make lunch (or dinner!) in a pinch with this healthy Greek salad recipe, ready in just 10 minutes. It's packed with protein and fiber, to help keep you full for longer.

[View the recipe!](#)

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*.

***Our Carolina Forest office has moved to its new location:
[956 International Drive, Myrtle Beach \(next to Ocean Bay Elementary\)](#)**

All other locations remain the same.



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