



# Coastal Podiatry Associates

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## **Pain keeping you awake?**

If you're tossing and turning at night because of nagging heel pain, you're not alone. Plantar fasciitis, Achilles tendonitis, or even simply wearing the wrong shoes can all contribute to this troublesome issue. It might feel like a sharp stabbing pain or a dull ache that just won't quit. The good news is there are ways to find relief. Stretching exercises, supportive footwear, and even orthotic inserts can help alleviate the discomfort. Ice packs and over-the-counter pain relievers can also provide temporary relief. However, if the pain persists or worsens, it's important to see us for a proper diagnosis and

treatment plan.

Don't let heel pain ruin your sleep – take steps to address it so you can get back to counting sheep instead of grimacing in discomfort.

[Request an appointment](#)

**843-449-3668**

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### **Gout?**

Does your foot hurt so bad that you cannot touch a bed sheet? Do you have a joint that is red, hot, and swollen? The intense swelling, tenderness, and throbbing pain in the joints, typically in the big toe, can be excruciating when lying down. The discomfort often makes it difficult to find a comfortable position and can make getting a good night's sleep nearly impossible.

[We can help!](#)

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### **Delicious meat-free alternatives**

Vegetarian options don't mean sacrificing flavor or excitement. The flavors and styles are anything but bland or boring. Get ready to be amazed by how delicious vegetarian food can truly be!

[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\*.**

**\*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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**[COASTALPODIATRY.COM](http://COASTALPODIATRY.COM)**

