



12411 Hymeadow Drive, Building 3, Suite 3B  
Austin, Texas 78750  
Phone: 512-335-9300 Fax: 512-335-9301  
Email: sullivanphysicaltherapy@yahoo.com  
Website: sullivanphysicaltherapy.com

## TABLE OF CONTENTS

<b>Welcome Letter</b>	1
<b>Article Recommendation</b>	2 - 7
<b>Book Recommendation</b>	8
<b>Continuing Education Courses</b>	9 - 11
<b>Patient Handouts</b>	
<i>Constipation</i>	
Abdominal Massage for Constipation	12
Constipation	13
Defecation Mechanisms	14
Helpful Hints for Preventing Gas	15 - 16
<i>Erectile Dysfunction</i>	
Erectile Dysfunction	17 - 18
<i>Incontinence</i>	
How Diet Can Affect Your Bladder	19
Incontinence Chart	20
Vaginal Weights	21
<i>Pelvic Pain</i>	
Anti Inflammatory Diet	22
Dilator Instructions	23
Intimacy Program	24
Menstrual Cramp Blend	25
Pelvic Pain Information for Partners	26 - 27
Internal Vaginal/Rectal Probe	28
Vulvar Care	29
<i>Urinary Urge</i>	
Controlling Urinary Urge	30
<b>Vendor Recommendation</b>	31 - 34
<b>Website Recommendation</b>	35