

Modern Movement NJ

Amanda Sosunov, MS OTR/L — Pelvic Floor & Orthopedic Occupational Therapist. Somerset, Hunterdon & Morris County, NJ. In-home & virtual sessions, one hour, one-on-one.

Who I help

- Pregnant patients with pelvic pain, SI joint pain, sciatica, or prep for delivery
- Postpartum patients (any timeline — 6 weeks or 6 years) with leaking, prolapse, diastasis recti, C-section scar restriction, tailbone pain, or return-to-exercise questions
- Patients with urinary urgency, frequency, incontinence, or painful bladder syndrome
- Patients with painful sex, vaginismus, or pelvic pain of unclear origin
- Orthopedic patients with low back, hip, or SI joint pain that hasn't fully resolved with standard PT

Why in-home matters for your patients

- Full hour, one-on-one — no aides, no double-booking
- Newborns come along — parents don't need to arrange childcare
- Immediate carryover: exercises are practiced in the patient's own home, bed, bathroom, nursery
- No driving with a healing pelvic floor or a fresh C-section
- Better outcomes for anxious patients who avoid clinics

Logistics

Referral needed?	No — NJ has direct access. A note in the chart is welcomed but not required.
Insurance	Out-of-network. Superbills provided for every patient to submit for OON reimbursement.
HSA / FSA	Accepted.
Session length	60 minutes, in the patient's home or virtual.
Service area	Somerset, Hunterdon & Morris counties, NJ.
Scheduling	Patients book directly online or by phone; no wait-list.

How to refer

- Give this sheet to your patient, or tell them to visit modernmovementnj.com

- For a direct handoff, email me the patient name & contact (with their permission) and I'll reach out within 24 hours
- Prefer to send a quick message? Text or email works — contact info below

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Pelvic Floor & Orthopedic OT
Modern Movement NJ

Web: modernmovementnj.com

Book: modernmovementnj.janeapp.com

Serving: Somerset, Hunterdon & Morris County, NJ

Thank you for trusting me with your patients. — Amanda