

CURRICULUM VITAE

Personal Information

Name: Amy B. Broekemeier
Address: Pinnacle Performance II, Inc./Owner
1515 South 1100 East
Salt Lake City, UT 84105
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Date of Birth: November 22, 1970

Employment History

April 2004 - present

Owner, Physical Therapist, Pilates Instructor
Pinnacle Performance II Inc. - Salt Lake City, UT
Practice as Physical Therapist and Pilates Instructor
Director of staff development, marketing, business design, etc.
Guest lecturer/lab instructor annually at University PT School
Adjunct faculty position University of Utah
Clinical Instructor for PT students
Polestar Education Senior Educator and Examiner

Jan 2010 – present

Senior Educator and Examiner
Polestar Pilates Education – Miami, FL USA

Jan 2007 – Dec 2009

Principal Educator
Polestar Pilates Education - Miami, FL USA

Nov 1999 - March 2004

Physical Therapist, Pilates Practitioner
Pinnacle Performance Inc. - Salt Lake City, UT
Practice as Physical Therapist and Pilates Practitioner
Mentor for Polestar Pilates Education

Aug 1996 - March 2002

Physical Therapist, Director of Aquatic Rehabilitation, Director of Research
Cottonwood Back and Orthopedic Therapy/Intermountain Healthcare(IHC) -
Murray, UT
Practice as Physical Therapist
Direct and develop all aquatics programs
Assist in design and implementation of research within Cottonwood/IHC
Lecturer back and neck school
Co-author Back School Manual, IHC Health Services 1999

Guest lecturer/lab instructor for spine series and aquatics at University PT School

Lecturer/lab instructor at cervical spine course Cottonwood/IHC

Clinical Instructor for PT students

May 1991 - Aug 1994

Technician of Aquatic Rehabilitation and Fitness

Immanuel Medical Center, Omaha NE

Practice as aquatics neurorehabilitation technician

Aquatics fitness instructor for special populations

Educational History

Creighton University, School of Pharmacy and Allied Health - Omaha, NE, USA

Doctor of Physical Therapy (DPT) (July 1996)

Creighton University - Omaha, NE, USA

Bachelor of Art in Psychology (May 1993)

Continuing Educational History

1996 Biomechanical Assessment and Treatment of the Pelvic Girdle
Mari C. Walsh MCPA, MISCP, COMP, Examiner CPA Orthopedic Division

Introduction to Muscle Energy Treatment - URSA Foundation
Loren H. "Bear" Rex D.O.

1997 Evaluation and Treatment of the Cervical Spine - Cornerstones
Douglas D. Kelsey PhD, PT, OCS

Mechanical Neck Pain: Perspectives in Functional Anatomy
James Porterfield PT, MA, ATC
Carl DeRosa PT, PhD

Strain Counterstrain - Jones Institute
Randall S. Kusunose PT, OCS
Robert Wendorff D.O.
Work of Lawrence Jones D.O., FAOO

The Foot and Ankle Conference
The Orthopedic Specialty Hospital - Murray, UT

Utah State Chapter APTA Conferences
Target Tissue Training
Douglas D. Kelsey PhD, PT, OCS

- 1998 Diagnosis and Treatment of Muscle Imbalances Associated with Regional Pain Syndromes
Shirely A. Sahrman PhD, PT, FAPTA
Mary Kate McDonnell MHS, PT, OCS

An Intensive Training on Trigger Point, Myofascial, and Proprioceptive Therapy
- Physiotherapy Associates
Dimitrios Kostopoulos MA, PT, FAAPM
Konstantive Rizopoulos PT, FABS

Evaluation and Treatment of the Cervical Spine and Cranial Base - URSA Foundation
Loren H. "Bear" Rex D.O.

Evaluation and Treatment of the Lumbar Spine - Cornerstones
Douglas D. Kelsey PhD, PT, OCS

Utah State Chapter APTA Conference
Mobilization of the Nervous System: Fundamental Principles in the Sciences of Pain, Clinical Reasoning, and Neurodynamics
Bernie Guth PT

- 1999 Advances in Clinical Education and Functional Exercise Training - North American Sports Medicine Institute
Gray Cook MSPT, OCS, CSCS

IHC Orthopedic Conference
IHC Rehab Services Salt Lake City, UT

NAIOMT Level I Differential Diagnosis in Manual Therapy
Ann Porter Hoke PT, OCS, FCAMT, FAAOMPT

NAIOMT Level II Lower Quadrant Part A and B- Extremities: Assessment and Treatment of Lower Extremity Joint Dysfunctions Using Manual Therapy Principles. Spine: Assessment and Treatment of Movement Dysfunctions of the Lumbar Spinal Joints.
Ann Porter Hoke PT, OCS, FCAMT, FAAOMPT

- 2000 NAIOMT Level II Upper Quadrant Part A and B - Extremities and Spine.
Ann Porter Hoke PT, OCS, FCAMT, FAAOMPT

Utah State Chapter APTA Conference
Current Concepts in Orthopedics
Local M.D.s, Surgeons, Physical Therapists

Randomization of LBP - Manual Treatment Training - University Pittsburgh
Richard E. ERhard DC, PT
Julie Fritz PhD, PT, ATC

Patellofemoral Conference
The Orthopedic Specialty Hospital Murray, UT

Functional Relationships of the Upper Quarter
Carl DeRosa PT, PhD
James Porterfield PT, MA, ATC
Evaluation and Treatment of the Cervical Spine
Richard E. Erhard DC, PT; Assistant Professor University of Pittsburgh

NAIOMT Level III Upper Quadrant Part A and B - Extremities and Spine
Cliff Fowler MCSP, MCPA, FCAMT

2001 NAIOMT Level III Lower Quadrant Part A and B - Extremities and Spine.
Jim Meadows BSc, PT, FCAMT

Shoulder Instability Conference
The Orthopedic Specialty Hospital Physical Therapy, Murray, UT

Polestar's approach to Pilates Movement Principles, Rehabilitation Level 1,2 and
3.
Polestar Pilates Education - Miami, FL USA

2002 Touch for Health, A Course in Basic Kinesiology Level 1
The Orthopedic Specialty Hospital Physical Therapy, Park City, UT
John Thie D.C.

Visioneer Academy: The Special Edition
Doug D. Kelsey PhD, PT, OCS

2003 Utah State Chapter APTA Conference
Core Training and Neuromuscular Stabilization
Gray Cook MS, PT, OCS, CSCS

2004 Preview 2020: Answering Clinical Questions Today. Exploring Business
Opportunities for Tomorrow. APTA, Las Vegas
Multiple Lectures/Lecturers

- 2005 Independent Study Course 15.3 Strength and Conditioning (6 monographs)
APTA
- 2006 2006 NAIOMT Symposium
An Integration of Manual Physical Therapy Approaches to the Thorax
Ola Grimsby PT, MNFF, MNSMT, FFAOMPT
Erl Pettman PT, MCSP, MCPA, FCAMT
Gregg Johnson PT, FFCFMT
- 2006 NAIOMT Symposium
The Foam Roller Approach for Manual Therapy
Kent Keyser MS, PT, OCS, ATC, COMT, FFCFMT, FAAOMPT
- Utah State Chapter APTA Conference
Diagnosis and Treatment of Movement System Impairment Syndromes
Shirley Sahrman PT, PhD
- Comprehensive Pilates Repertoire Review
Polestar Pilates Education
- Independent Study Course 16.2 Current Concepts of Orthopedic Physical
Therapy.
APTA
- 2007 Critical Reasoning in the Pilates Environment 1, 2, 3, and 4
Polestar Pilates Education Miami, FL
- 2008 2008 NAIOMT Symposium
Spinal Manipulation: Thrusting Physical Therapy Forward
Josh Cleland PT, DPT, PhD, OCS, FAAOMPT
Tim Flynn PT, PhD, OCS, FAAOMPT
Peter Huijbregts PT, DPT, OCS, FAAOMPT, FCAMT
Laurie McLaughlin DScPT, FCAMT, CMAG
Erl Pettman PT, MCSP, MCPA, FCAMT, COMT
- 720 NAIOMT Clinical Reasoning in Advanced Differential Diagnostics
James Meadows BScPT, MCPA, FCAMT
- 2009 Independent Study Course 18.3 Dance Medicine: Strategies for the Prevention
and Care of Injuries to Dancers.
APTA
- 2010 NAIOMT Level IV Advanced Spinal Techniques
Ann Porter PT, DPT, OCS, FCAMT, FAAOMPT
Assisted by NAIOMT faculty:

Gail Molloy PT, OCS, COMT
Bill Temes PT, OCS, COMT, FAAOMPT

Balanced Body Pilates on Tour 2010
Elizabeth Larkam, MS
Brant Anderson, PhD, PT, OCS
Eric Franklin
Madeline Black

2011 7th Polestar Education International Conference
Sherri Betz, PT
James Oschman
Carol Davis, PT
Libby Weaver

NAIOMT Level IV Advanced Spinal Techniques
Erl Pettman, PT, MCSP, MCPA, FCAMT

2012 Utah Physical Therapy Association, 37th Semi-Annual Conference
Misti Timpson, PT, DPT, NCS, CBIS
Roger Pack, MPT, OCS
Jake Magel, PT, DSc, OCS, FAAOMPT
Jocelyn Monroe, PT, DPT
Julie Fritz, PT, PhD, ATC
R. Scott Ward, PT, PhD
Stephen D. Scharmann, MD

Structural Manual Intervention (Lab Assistant)
Polestar Education
Brent D. Anderson, PhD, PT

2013 Communications
Polestar Education
Helen Masin, PhD, PT

Polestar Education National Conference

2014 Core Align I
Balanced Body, Intl
Tessa Hale, DPT, PMA-CPA, Master Trainer

Core Align II
Balanced Body, Intl
Tessa Hale, DPT, PMA-CPA, Master Trainer

NAIOMT Annual Meeting

Erl Pettman, PT, MCSP, MCPA, FCAMT
Ann Porter, PT, DPT, OCS, FCAMT, FAAOMPT
Multiples presentations of recent research by members of NAIOMT

Myofascial Release I
MFR Seminars
John F. Barnes, PT

Myofascial Unwinding
MFR Seminars
John F. Barnes, PT

Integrative Systemic Dry Needling (Contemporary Dry Needling)
American Dry Needling Institute
Dr. Yun-tao Ma, Ph.D.

2015 Dr. Ma's systemic Dry Needling for Sports Performance
(Contemporary Dry Needling)
Sue Falsone, PT, SCS, ATC, COMT, CSCS

Myofascial Release II
MFR Seminars
John F. Barnes, PT

NAIOMT Annual Meeting
Erl Pettman, PT, MCSP, MCPA, FCAMT
Ann Porter, PT, DPT, OCS, FCAMT, FAAOMPT
Multiples presentations of recent research by members of NAIOMT

Myofascial Rebounding
MFR Seminars
John F. Barnes, PT

Myofascial Advanced Unwinding
MFR Seminars
John F. Barnes, PT

NAIOMT Level III UE Part I and II (Teaching Assistant)
Erl Pettman, PT, MCSP, MCPA, FCAMT

2016 Pilates for Oov
Polestar Education
Daniel Vladeta, DO

Pilates for Oov (Teaching Assistant)
Polestar Education

Daniel Vladeta, DO

Myofascial Release Cervical-Thoracic
MFR Seminars
John F. Barnes, PT

NAIOMT Level III LE Part I and II (Teaching Assistant)
Erl Pettman PT, MCSP, MCPA, FCAMT

Myofascial Release Lumbar-Pelvis
MFR Seminars
John F. Barnes, PT

NAIOMT Thoracic III (Teaching Assistant)
Erl Pettman PT, MCSP, MCPA, FCAMT

Professional Memberships

1993 - present American Physical Therapy Association (APTA)
2004 - present Pilates Method Alliance (PMA)
2009 – present American Academy of Orthopaedic Manual Physical Therapy
2013 – present American Sports and Athletic Training Association
2013 – present IDEA Fitness

Certification and Licensure

2008 NAIOMT Level III Written Examination/Case Studies
Certified Manual Physical Therapist (CMPT)

2008 PMA Examination
Certified Pilates Instructor

2003 Polestar Pilates Education Rehabilitation Examination
Polestar Pilates Practitioner

2001 NAIOMT Level III Practical Examination

1996 Physical Therapist, State of Utah, USA (#327686-2401)

Teaching Specialization

“Polestar Pilates Principles”
“Polestar Pilates Rehabilitation Levels 1 - 6”

“Polestar Pilates Studio Levels 1 - 6”
“Polestar Pilates Pathokinesiology of the Lumbar Spine”
“Polestar Pilates Scoliosis”
“Polestar Pilates Rotational Sports”
“Polestar Pilates Advanced Gait”
“Polestar Pilates Advanced Assessment I and II”
“Polestar Pilates Pathokinesiology of the Upper Extremity”
“Polestar Pilates Pathokinesiology of the Lower Extremity”
“Polestar Pilates Upper Extremity Orthopedics”
“Polestar Pilates Lower Extremity Orthopedics”
“Polestar Pilates Manual/Structural Intervention”
“Polestar Pilates Dancer/Gymnast”
“Polestar Pilates for Oov”

Other Professional Activities

2004 – present Annual lecturer/lab instructor University of Utah PT School,
“Pilates: A Balanced Method of Movement”
2004 Invited speaker/presenter Utah Library Association Annual Conference,
“Spine Health”
2004 Invited speaker/presenter 21st Annual Utah Conference on Safety and
Industrial Hygiene, “Spine Health for Injury Prevention”
2005 Invited speaker Library Association Regional Conference, “Spine Health”
2010 Invited speaker 8th Annual Rocky Mountain Geriatrics Conference,
“Pilates – a scientific approach to its usefulness in the aging population.”
2011 Invited instructor 7th Polestar Education International Conference,
“Restorative Reformer Class”.
2015 – present Annual lecturer/lab instructor Rocky Mountain University PT
Program, “Pilates: A Balanced Method of Movement”

Awards

2005 “Physical Therapist of the Year” Utah APTA

Publications

Norton CO, Hoobler K, Welding (Broekemeier) AB. Effectiveness of aquatic
exercise in the treatment of women with osteoarthritis. The Journal of Aquatic
Physical Therapy. Nov 1997;Vol 5 No. 3.

Presentations

IADMS Conference 2007. Humphrey, Jess; Broekemeier, Amy. “Pulling Up”:
Embracing Thoracic Convexity in the Quest for Verticality.