

Amy B. Broekemeier, DPT

amy@pinnacle4performance.com

Employment History

Nov 2017 – March 2018

Part Owner, Oov Education LLC

Jan 2016 – March 2018

Master Educator, Oov (Polestar Education/Oov Education)

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

Academic Employment History

N/A

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 Sahrmann 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

NAIOMT Master Class
Cliff Fowler PT, MCSP, MCPA, FCAMT

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 Fundamentals
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

Oov 3D Assessment/Afferent Level II (Teaching Assistant)
Polestar Education
Daniel Vladeta, DO, Nicholas Dawes CX, Amy Broekemeier DPT

2017 UPTA Annual Fall Conference
“Linking Knowledge from the Past & Today’s Evidence in order to Establish Tomorrow’s
Clinical Practice.”
Darcy Umphred PhD, PT, FAPTA
Jan Black PT, MSPT

17th Annual Meeting of the Pilates Method Alliance
Indian Wells, CA

Oov Axial Column/Efferent Level III (Teaching Assistant)
Oov Education
Daniel Vladeta DO, Nicholas Dawes CX, Amy Broekemeier DPT

2019 Home Study APTA Ethics

Home Study APTA Hip/Pelvis

Myofascial Release Fascial Cranium
MFR Seminars
John F. Barnes, PT

2020 NAIOMT Lumbar Level II (Teaching Assistant)
Steve Allen PT, OCS, COMT, FAAOMPT

Skill Enhancement Seminar (40 hours)
Therapy on the Rocks, Sedona, AZ
John F. Barnes, PT

NAIOMT Cervical Level I (Teaching Assistant)
Steve Allen PT, OCS, COMT, FAAOMPT

2021 Myofascial Release I (second attendance)
Myofascial Seminars
John F. Barnes, PT

Myofascial Unwinding I (second attendance)

Myofascial Seminars
John F. Barnes, PT

Healing Seminars
Myofascial Seminars
John F. Barnes, PT

2022 Women's Health
Myofascial Seminars
John F. Barnes, PT

Healing Seminars (second attendance)
Healing Seminars
John F. Barnes, PT

Myofascial Release Cervical-Thoracic (second attendance)
Myofascial Seminars
John F. Barnes, PT

Therapy for the Therapist
Therapy on the Rocks Sedona, AZ
John F Barnes

The Fascial Breath
The Fascia Hub
Dr Robert Schleip, and Ana Barretxeguren

Integrative Dry Needling Foundations Course (second attendance)
Dr. TJ Stevenson, PT, DPT, CIDN

The British Fascial Symposium
Carol M. Davis, DPT, EdD, MS, FAPTA
Gerald H. Pollack
Dr Robert Schleip

PoNS Training
Application for Clients with Neurological Impairments

2023 Healing Seminars (third attendance)
Healing Seminars
John F. Barnes, PT

Subtle Energy
Myofascial Seminars
John F. Barnes, PT

Myofascial Release III “Beyond Technique”
Myofascial Seminars
John F. Barnes, PT

ASPIRE an Orthopedic Manual Therapy Institute
Lumbo-Pelvic Evaluation and Management (Teaching Assistant)
Valerie Coolman, DScPT, OCS, COMT, FAAOMPT

ASPIRE an Orthopedic Manual Therapy Institute
Lower Extremity Evaluation and Management (Teaching Assistant)
Valerie Coolman, DScPT, OCS, COMT, FAAOMPT

2024 ASPIRE an Orthopedic Manual Therapy Institute
Upper Extremity Evaluation and Management (Teaching Assistant)
Pam Kikillus, PT, DScPT, OCS, COMT, FAAOMPT

ASPIRE an Orthopedic Manual Therapy Institute
Cervico-Thoracic Evaluation and Management (Teaching Assistant)
Pam Kikillus, PT, DScPT, OCS, COMT, FAAOMPT

Gyrotonic Level 1 Pre-Training Course
Pascale Leonard

Gyrotonic Level 1 Foundation Course
Pascale Leonard

Healing Seminars (fourth attendance)
Healing Seminars
John F. Barnes, PT

Professional Memberships

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

2013 – present IDEA Fitness

Certification and Licensure

- 2018 Physical Therapist, State of Hawaii, USA
- 2017 NAIOMT Level IV Practical Examination
Certified Orthopedic Manipulative Therapist (COMT)
- 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”

Oov Education Master Instructor 2016-2018

“Oov Fundamentals Level I”
“Oov Pilates Apparatus”
“Oov 3D Assessment/Afferent Level II”
“Oov Axial Column/Efferent Level III”

Other Professional Activities

2004 – 2017 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 – 2017 Annual lecturer/lab instructor Rocky Mountain University PT
Program, “Pilates: A Balanced Method of Movement”
2018 – Lecturer/Lab Instructor “Upper Quadrant” Rocky Mountain University PT
2018 – present Annual lecture/lab instructor University of Utah PT School,
“Complementary Therapies in Rehabilitation”

Create course content and Instruct for Pinnacle Pedagogy

2019 Change Your Brain: Brain on Pain Lecture Series – Pinnacle Performance
6-week series with Debbie Riggs-Wood PhD

2021 Myofascial Techniques – Pinnacle Performance – 2 Day Course

2021 Oov Essentials for Rehabilitation – Pinnacle Performance – 2 Day Course

2022 Myofascial Pelvic Health Techniques. – Pinnacle Performance – 1 Day

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.

Contributing Author, Chapter 18, Complementary Therapies or Integrative Health Care. Umphred's Neurorehabilitation for the Physical Therapist Assistant 3rd Edition; 2020; Lazaro RT, Umphred DA; Slack Incorporated.

Presentations

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