

Banff Sport Medicine Shoulder Course:
Assessment and Management of Common Shoulder Injuries
October 17-18, 2026

Target Participants

This course is designed for physicians, medical residents, physiotherapists, athletic therapists, exercise physiologists, and medical and allied health students wanting to improve their skills and knowledge of the assessment and management of common shoulder injuries.

Objectives

- Apply a systematic approach to shoulder injury assessment
- Formulate an appropriate differential diagnosis based upon your assessment
- Improve skill and accuracy with physical examination and special tests
- Build confidence in decision-making around imaging, non-operative management, and indications for surgery

Description

This course will provide an in-depth review of the clinical assessment and management of common shoulder injuries, including glenohumeral instability, rotator cuff tears, and fractures. Participants will engage in interactive, case-based discussions that incorporate current research and evidence-based practices. Small-group, hands-on learning sessions will allow participants to refine their physical examination skills.

Expert instruction will be provided by members of the Banff Sport Medicine Clinic and Foundation, a multidisciplinary orthopaedic and sport medicine practice in the beautiful Bow Valley.

SYLLABUS

Over the 1 ½ days, participants will take an in-depth look at common shoulder injuries that include glenohumeral instability, rotator cuff tears, and fractures. For each topic, learnings will include:

- Patient Demographics and Assessment of Risk Profile
 - Learn how the mechanism of injury, patient anatomy, and biomechanical risk factors are critical in diagnosis and management
- Physical Exam Skills
 - Practice physical exam skills in a small group setting with expert instructors
 - Develop a systematic approach and improve confidence and accuracy with physical examination of the shoulder
- Case Discussions and Evidence Update
 - Discuss management strategies including indications for advanced imaging, conservative treatment options, and indications for surgical consultation
 - Discuss specific case-scenarios highlighting important concepts in diagnosis and management
 - Review the recent evidence