



The Course

The Shoulder: *Theory & Practice* Course Program 26th Edition

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Please note: The order of the program, content, and timetable structure may vary

Proceeds from this course support an international research program

Course description -

This course is now in its 26th edition. It has been taught in over 60 countries, states, and territories, more than 500 times, to more than 15,000 physical therapists, occupational therapists, surgeons, sports doctors, physiatrists, osteopaths, and chiropractors. The course is a balance of theory and practice and is a true evidence based exploration of assessment and management of musculoskeletal shoulder conditions...guaranteed to be fun.

This course remains a 'work in progress' and is continually being updated with the emergence of new research and clinical understanding. As a result, many people have participated on two and some on three occasions. This course will be thought provoking and provide an opportunity to discuss ideas and share experiences. Can't wait to share with you!

Course Outline:

Introduction

setting the stage to why shoulder rehab matters and the power of language

Function, Biomechanics, The Kinetic Chain

Regional and whole-body kinematics, biomechanics, and ergonomics to optimize shoulder function and clinical outcomes

Assessment

Clinically orientated and practical session takes a biopsychosocial approach to assessment and management supporting the clinical reasoning process and shared decision making

Rehabilitation Without Addressing Lifestyle Factors - Are we Kidding ourselves?

How lifestyle factors can positively or negatively impact on our cells and ultimately clinical outcomes. A biochemical explanation for the reasons we should include exercise in our rehabilitation programs, and why exercise, by itself will never be enough.



Injections, Medicine, and Supplements

The good, the bad, the useless

Rotator Cuff Related Shoulder Pain (#RCRSP)

What's in a name? This session involves a very detailed and in-depth review of this multi-factorial problem.

Shape Up My Shoulder (#SUMS)

This theoretical and practical session will present a three-stage rehabilitation program that may be considered for the majority of musculoskeletal shoulder presentations. Identifying a 'safe' entry point into rehabilitation. How to progress the program effectively.

Virtual Reality: Is seeing believing, and achieving?

The role of VR and mixed reality in shoulder rehabilitation. Evidence and application.

Transitioning to Self Management

What happens after formal rehabilitation comes to an end?

Bonus Learning: videos (Varying topics including frozen shoulder)

The Dates

April 18-19, 2026

The Location

Western Carolina University at Biltmore Park

28 Schenck Pkwy, Asheville, NC 28803

This campus is located in the vibrant Biltmore Park Town Square area off I-26 and is easily accessible from around Asheville.

Nearby airports

Knoxville Airport (TYS) - Approximately 2 hour drive

Charlotte Airport (CLT) - Approximately 2 hour drive



Where to stay

Near Biltmore Park / Close to Event Venue

- **Hilton Asheville Biltmore Park** – Modern hotel in Biltmore Park Town Square with dining and easy access to shops.
- **Hampton Inn & Suites Asheville Biltmore Area** – Well-rated mid-range hotel near popular Asheville destinations.
- **Hilton Garden Inn Asheville South** – Great value and comfortable stay south of town.
- **TownePlace Suites by Marriott** – Extended-stay style option near Asheville outlets.

Downtown Asheville / Popular Stay Options

- **Kimpton Hotel Arras** – Stylish boutique hotel in the heart of Asheville.
- **Baymont by Wyndham Asheville/Biltmore Village** – Budget-friendly choice close to the Biltmore area.
- **DoubleTree by Hilton Hotel Asheville - Biltmore** – Comfortable Hilton property near major attractions

More about the area:

Dining & Nightlife

- Asheville is known for a world-class food scene, from craft breweries to farm-to-table restaurants downtown
- Biltmore Park has shopping, dining and entertainment options