

Promotion

The Water Holder Athletic Training Academy Program will post all the information regarding CEU seminars on [the website \(https://water-holder.com/\)](https://water-holder.com/) for athletic trainers.

Program Faculty and Credential: Masaaki Tsuruike, PhD, ATC

Title of Seminar: Evidence-Based Approach for Throwing-Related Shoulder Injury Prevention Exercise

Learning Objectives:

Athletic Trainers are expected to learn the following objectives through the completion of the program and will be able to:

Session (11/7/2026): "Evidence-Based Approach for Throwing-related Shoulder Injury Prevention Exercise"

1. Understand the scapular dyskinesis, which modifies force coupling in the scapular upward and downward motions in baseball pitchers.
2. Identify GHJ mobility status with common tests: sulcus test, anterior-posterior drawer test, Beighton test.
3. Understand the lower trapezius muscle, which needs to be trained to stabilize the scapula during the early phase of therapeutic intervention.
4. Understand the importance of lying positions that minimize compensatory activity for symptomatic shoulder exercises.
5. Apply the appropriate amount of exercise weight loads based on the ratio of upper to lower trapezius muscle activity for scapular exercises.
6. Understand the application of end-point exercise at 90 degrees of shoulder abduction and 90 degrees of elbow flexion (90/90) in the hip-shoulder separation position, which enables patients to store the optimal position.
7. Identify side-lying horizontal adduction exercise with the scapula retracted with a dumbbell, which activates the lower trapezius muscle while minimizing the deltoid muscle.
8. Apply the appropriate amount of exercise weight loads for the rotator cuff muscles during shoulder rehabilitation exercise while minimizing deltoid muscle activity.
9. Apply reverse-throw exercise with a mini-weighted ball in the arm 90/90 kneeling position.

Schedule and Format

Face-to-Face Workshop: The session will be conducted as a face-to-face workshop, including hands-on practice.

Location: Waseda University, Higashifushimi Campus (the room number will be announced.)

2-7-5 Higashifushimi, Nishitokyo, Tokyo 202-0021, Japan

Each of the seminars will be in person (face to face). All the seminars will be synchronous.

Date of workshop scheduled as follows:

- Saturday, November 7, 2026

Time of Start and End of the seminar: 15:00 to 17:00.

The number of contact hours/CEUs that will be available: a maximum of 2.0 hours/2.0 CEUs.

This workshop will be held, leading to a total of 2.0 hours or 2.0 CEUs that can be credited for those who complete all the workshop and the form of Participant Assessment and Program Evaluation.

Program Fees: free

All those who are interested in this workshop must register the [Google Form](#) or Masaaki Tsuruike below the email address 7 days prior to the date.

Cancellation

Cancellations received at least 7 business days before the event.

Participants must contact the Water Holder Athletic Training Academy Program by phone or email to request a refund.

Telephone #: +81 (80) 9303-9234

Email: masaaki.tsuruike@gmail.com

Required materials and equipment:

All the participants will be required to bring their own training clothes and appropriate training shoes for the workshop.

Sponsor:

There is no sponsorship associated with the program.