



Dear Colleague,

The Massage Therapy Foundation (MTF) is pleased to assist the American Massage Therapy Association (AMTA) with the 26th annual MTF Poster Session at the AMTA 2026 National Convention, happening August 27-29, 2026, in Denver, Colo. We invite you to submit a poster abstract and/or poster for consideration.

Posters are an important way for massage therapists and researchers to share their expertise with other members of the profession. MTF encourages participation in this event to create a forum for informal discussion of research, and to provide attendees with the opportunity to learn how research impacts the profession. Foundation Poster Sessions provide a showcase to share massage therapy research with over 1,000 expected convention attendees.

The 2026 MTF Poster Session will include encore and first-occasion posters from three categories: original research (protocols, reviews, and theoretical pieces welcome), programmatic evaluation, and clinical case presentations. Encore posters will be current and relevant massage therapy research that has been presented at a recent research conference(s) while first-occasion posters will be posters developed and created specifically for the AMTA 2026 National Convention. All posters presented at AMTA 2026 National Convention will be accompanied by a text and digital(video) abstract and should include sections for Objective/Purpose, Methods, Results, Discussion, and Impact/Conclusions/Next Steps as appropriate and include research findings, photographs, charts and diagrams. Share your work and help inform and inspire other massage therapists!

Additional information including poster specifications and Foundation contact information can be found below. **Submit abstracts electronically at <https://www.grantinterface.com/Home/Logon?urlkey=massagetherapy> by May 1, 2026, at 11:59pm CST. Selected authors will be notified by June 1, 2026.**

We hope you will consider contributing to the dissemination of important information among massage therapists by participating in this exciting opportunity.

Best regards,

Niki Munk, PhD, LMT  
Research Director, Massage Therapy Foundation

# Massage Therapy Foundation: Call for Poster Abstracts

The Massage Therapy Foundation invites abstracts for the 26th annual poster presentation at the AMTA 2026 National Convention, happening August 27-29, 2026, in Denver, Colo. Abstracts must be submitted electronically by May 1, 2026, 11:59pm CST.

**Abstracts must be submitted as either an Encore or First-Occurrence abstract and may be submitted to one of three categories:**

**Original Research** – Reporting the theoretical basis, conceptual model, protocol and/or results of original research in massage therapy and bodywork.

**Programmatic Evaluation** – Describing the outcomes of innovative educational programs in massage therapy school curricula or with specialized client groups.

**Clinical Case Presentation** – Describing an interesting client case that reinforces specific learning objectives for massage therapists (student case reports may also be submitted).

## Important Dates:

- January 29, 2026: Call for Abstracts opens
- May 1, 2026: Deadline for electronic abstract submission
- June 1, 2026: Response letters sent to all who submitted
- June 12, 2026: Poster presenters must confirm their participation with all final poster presenter's names
- July 17, 2026: Poster electronic PDF and digital/video abstract deadline
- July 17, 2026: Deadline for physical poster to be received at MTF office:

Massage Therapy Foundation  
500 Davis Street, Suite 950  
Evanston, IL 60201

**Posters received after this deadline will not be presented during the Convention.** All PDF and digital/video versions of posters should be emailed to Helen Smith at [hsmith@massagetherapyfoundation.org](mailto:hsmith@massagetherapyfoundation.org)

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## Submission Requirements:

### *Encore Poster Abstracts*

1. Submit the original abstract that was accepted for the previously presented poster or oral presentation that you wish to have displayed and re-presented at the 2026 AMTA National Convention as a poster.
2. Provide descriptive details of the Conference and Venue in which the work was previously presented. For example: Late Breaker Poster presented at the 2024 International Congress on Integrative Medicine and Health from the Academic Consortium for Integrative Medicine and Health in Cleveland, OH, April 11, 2024.
3. Submit the PDF of the actual poster or Power Point (oral/paper presentation) that was presented or delivered from which your encore poster will be created.
4. Abstracts and presentation materials should be non-biased, free from solicitations, and should not contain demonstrations of products for sale.
5. Any financial relationships that the author(s) may have with manufacturers/suppliers of any commercial products or services related to the work should be disclosed at the time of submission.

6. The presenting author is required to ensure that all co-authors are aware of the content of the abstract prior to submission. Therefore, the Submission Signature Form for MTF Poster Session must be completed and uploaded with your submission.
7. The authors are encouraged to be present at the poster sessions, but attendance is not mandatory.
8. An author's poster cannot have been presented at a previous AMTA National Convention. Presentation at another scientific conference does not preclude submission to the AMTA National Convention; however, if the abstract has been previously published in another conference proceeding, special permissions may be needed to publish again in the AMTA National Convention Conference Proceedings.

### ***First-Occurrence Poster Abstracts***

1. The abstract is limited to 500 words. The title, author names, affiliations, and references are not included in the word count. The poster's text may be expanded beyond 500 words, if accepted. Do NOT include references, graphs, or tables in the abstract or submit the poster or poster layout during this initial submission; only submit the written abstract.
2. Abstracts should include (1) Introduction, (2) Objective, purpose, or aim, (3) Methods or case presentation, (4) Results or interpretation, and (5) Conclusion or implications. View examples of past poster abstracts at <https://massagetherapyfoundation.org/massage-research/research-posters/>.
3. All studies involving research with human subjects must have gone through appropriate IRB or ethics review and this should be stated in the abstract.
4. All case reports must have obtained consent from the client(s)/subject(s) and this should be stated in the abstract. For more information please see the article, "Adaptation of the CARE Guidelines for Therapeutic Massage and Bodywork Publications: Efforts to Improve the Impact of Case Reports," at <http://www.ijtmb.org/index.php/ijtmb/article/view/251/303>.
5. Abstracts should be non-biased, free from solicitations, and should not contain demonstrations of products for sale.
6. Any financial relationships that the author(s) may have with manufacturers/suppliers of any commercial products or services related to the work should be disclosed at the time of submittal.
7. Submission of an abstract acknowledges your acceptance for the abstract to be published in convention publications and on the affiliated websites. Therefore, it is the authors' responsibility to obtain permission from the publishers of any work submitted here that has already been published to publish again in the AMTA National Convention Conference Proceedings.
8. The presenting author is required to ensure that all co-authors are aware of the content of the abstract prior to submission. Therefore, the Submission Signature Form for MTF Poster Session must be completed and uploaded with your submission.
9. The author(s) are encouraged to be present at the poster sessions, but attendance is not mandatory.
10. Resubmission of abstracts that meet the above criteria and were not previously accepted is welcomed only if the abstract has been improved or updated in some manner.

Submit abstracts electronically at <https://www.grantinterface.com/Home/Logon?urlkey=massagetherapy>

**For questions contact:**

**Annie LaCroix, MS, LMT, Associate Director – Operations**

Email: [alacroix@massagetherapyfoundation.org](mailto:alacroix@massagetherapyfoundation.org)

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## Poster Review Criteria

The MTF Research Committee oversees the review and acceptance of posters for AMTA National Conventions and is made up of volunteer members with professional research, practice, and/or education backgrounds. Committee members score each abstract in the following five categories:

- **Clarity:** All sections of the abstract were clearly written and logical.
- **Quality/Rigor:** Implementation of study design is appropriate for the research topic/question.
- **Relevance:** The topic area is applicable and relevant to the profession.
- **Potential impact:** The abstract has practical significance for the advancement of massage and manual therapies practice, research and policy.
- **Alignment:** Encore and 1<sup>st</sup> Occurrence submissions are assessed on the extent to which they align with: the intent of the poster session at AMTA National Convention (disseminating meaningful research or content about massage therapy research to practicing massage clinicians), accepted poster content conventions, and applicable population, intervention, discipline, and/or methodological reporting expectations.

Acceptance for poster presentation will be determined based on the committee scores and rankings, as well as available space parameters.

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## Poster & Digital/Video Specifications

All accepted abstracts must be accompanied by a physical poster to be displayed at AMTA 2026 National Convention and a digital/video abstract.

If your first-occurrence poster abstract is accepted, you will then need to create the poster. A poster is a graphic presentation of authors' reports. The authors illustrate their findings by displaying graphs, photos, diagrams, and a small amount of text on the poster. The authors will have the opportunity to hold discussions with registrants when circulating among the posters.

For both encore and first-occurrence posters, you will need to create an accompanying digital/video abstract. A placard with a QR code linked to your video will be displayed alongside your physical poster. The videos will be available on the Massage Therapy Foundation YouTube channel and on the MTF website at [www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org).

### Poster Information:

- The maximum poster size is 4' x 6' but smaller posters are allowed. Poster materials should be of the size and type that will fit within the allotted space and can be secured with either Velcro or push pins.
- The top of the poster should include the title of the abstract and the authors' names, degrees (if applicable), and institution or affiliation.
- The abstract text should follow the format: (1) Introduction; (2) Objective, purpose, or aim; (3) Methods or case presentation; (4) Results or interpretation; and (5) Conclusion or implications. There is no limit to the number of words on the actual poster, however words should be legible (typically 20-to-24-point font is best).

- Figures, tables, color photographs (with the subjects' faces shielded for confidentiality), and charts are helpful for the reader to better understand the abstract content. It may be helpful to consult an artist about the display.
- Disclosure of financial relationships that the author(s) may have with the manufacturers/suppliers of any commercial products or services related to the work should be indicated at the bottom of the abstract.

### Digital/Video Information:

- **Content:** The video abstract should concisely summarize your work, including the Objective/Purpose, Methods, Results, Discussion, and Impact/Conclusions/Next Steps.
- **Duration & Format:** 2–5 minutes, MP4/MOV file (max 1GB). Aim for 2–3 minutes to keep viewer attention.
- **Title & Authors:** The video must start with the exact title and names of all authors.
- **Audio/Visual:** Clear narration is required. Using high-quality video footage, animations, and diagrams is encouraged to increase engagement.
- **Copyright & Ethics:** All content, including images and audio, must be original or properly licensed.
- **Accessibility:** A text transcript of the narration is required.
- **Additional Resources, tips and ideas for creating video content/abstracts:**
  - <https://massagetherapyfoundation.org/wp-content/uploads/MTF-Tips-for-Shooting-Video.pdf>
  - <https://us.sagepub.com/en-us/nam/author-guidelines-for-creating-and-publishing-video-abstracts>
  - <https://onlinelibrary.wiley.com/pb-assets/assets/14678438/Wiley%20Guide%20to%20Creating%20Video%20Abstracts-1698811367.pdf>

### Poster & Video Deadlines:

- **July 17, 2026:** Poster electronic PDF and digital/video abstract deadline. PDF and digital/video versions of posters should be emailed to Helen Smith at [hsmith@massagetherapyfoundation.org](mailto:hsmith@massagetherapyfoundation.org)
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