

APASC25

SCIENTIFIC CONFERENCE
ADELAIDE | 23-25 OCTOBER

LEAD THE PHYSIOTHERAPY EVOLUTION



ABSTRACT SUBMISSION GUIDELINES

apasc.physio



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

ABSTRACT SUBMISSION GUIDELINES

Submit your abstract now for an opportunity to present!

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VENUE

Adelaide Convention Centre
North Terrace, Adelaide,
South Australia 5000,
Australia
adelaidecc.com.au

Please read this information carefully before proceeding to the online submission form.

Please submit your abstract online at: apasc.physio



INVITATION TO SUBMIT

The Australian Physiotherapy Association (APA) is calling for abstract submissions for: Free papers, how to sessions, rapid 5 x 5, symposia and e-posters for APASC25, 23 – 25 October 2025.

APASC25 will build upon the success of past APA conferences and bring together all the APA National Groups, which represent the full diversity of Australian physiotherapy. The conference will feature prominent Australian and international researchers and clinicians presenting innovative scientific research underpinned by clinical practice knowledge.

Authors whose abstracts are accepted for presentation will be invited to make either a:

- 15-minute oral presentation (15 minutes including question time).
- How to session (30-minute presentation including question time).
- Rapid 5 x 5 presentation (5 slides, 5 minutes).
- Symposium (3 X 15-minute presentations including question time).
- E-poster.

Please note: you are eligible to submit your registration prior to your abstract being accepted. However, if your abstract is not accepted and you choose to withdraw your registration, there will be a \$150 cancellation fee prior to 1 September 2025. No refunds will be made after 1 September 2025, as per the registration cancellation terms and conditions.

ABSTRACT SUBMISSION CONDITIONS

By submitting an abstract, you agree to the following:

- You are the presenting author of the abstract.
- Only named authors are allowed to present the abstract.
- Your abstracts must be print ready, no editing will be allowed.
- The acceptance of an abstract does not imply provision of travel, accommodation or registration for the conference, nor any other costs associated with preparation or presentation of the abstract, or any costs associated with attendance at the conference.
- The presenting author must register and pay to attend the conference by 14 July 2025.
- You give permission for your accepted abstract submission to be published on the APASC25 website and app.
- You confirm that the submission has been approved by all authors.
- You agree that APA may record or photograph your presentation and that, subject to the licence you grant to APA in this agreement, APA will own the copyright in the recorded work or photographs.
- You give permission for a copy of any slides or hand-outs of your presentation to be made available electronically or online to all conference delegates following the conference.

All submitted abstracts are peer-reviewed by National Group scientific committees and will be allocated to prevent any conflict of interest.

KEY DATES

Date 2025	Activity
15 December	Abstract submissions open
1 March	Early bird registrations open
1 April	Abstract submissions close
Late May	All submitting authors notified of submission outcomes / presentation times
14 July	Presenter registration cut off
11 August	Early bird registrations close
23-25 October	APASC25

TYPES OF PRESENTATIONS

- **Free papers** oral presentations of 15-minute duration, inclusive of question time, i.e. 12 mins + 3 mins.
- **A symposium** (45 minutes) contains three individual papers, linked thematically around a topic of research. The individual papers may all be from one National Group, or from two to three different National Groups, but all **MUST** adhere to a single theme. The symposium convener should submit all papers on behalf of the presenting authors in a single submission. Papers must be submitted via the portal and additional information completed when submitting the papers. **Individual symposium presenters do NOT submit their own abstracts.**
Note: If, following the review process, the committee decide not to accept the symposium as a whole, individual papers may be considered for presentation.
- **How to presentation** – 30-minute session that offers a fast-tracked way of learning and intended to offer specific practical advice and guidance concerning **how to** conduct particular aspects of practice of relevance to delegates. They should demonstrate skills or techniques. 'How to' sessions are ideal for practitioners who wish to share an aspect of their professional expertise and/or learning from their experience. 'How to' sessions provide a forum for presenting work of an applied nature on any topic relevant to physiotherapy whether practice, research, education or management. These are not designed to be practical, hands-on sessions, rather demonstration via pictures/video and lecture style in nature.
- **Rapid 5 x 5 presentation** – a five-minute oral presentation complemented by a maximum of five corresponding slides presented in a concurrent session.
- **E-poster** – electronic posters will be accepted in PowerPoint (PPT or PPS) format or PDF. Electronic posters are limited to a total of five landscape slides or pages (including title slide) to be read on a computer monitor.

CONFERENCE STREAMS

The conference program will be mainly structured around each of the National Groups. The call for abstracts is open to any topics that fit one of the APA National Groups calling for abstracts, or any topic of relevance to the conference theme, 'Lead the physiotherapy evolution' without a specific National Group allocation.

SUB THEMES

In addition, several sub-themes have been identified by the Scientific Program Committee that enhance the conference theme of 'Lead the physiotherapy evolution'. In the submission process you are invited to select one or more of those if it has particular relevance to your submission. This will aid in the grouping and scheduling of your paper should you be successful:

- behaviour change
- complex or chronic conditions
- diversity, equity and inclusion
- Aboriginal and Torres Strait Islander health
- physical activity
- rural and regional health
- technology and clinical innovation.

The APA encourages all submissions including Aboriginal and Torres Strait Islander and LGBTQIA+ perspectives and from Aboriginal and Torres Strait Islander and LGBTQIA+ authors.

REQUIREMENTS FOR ONLINE ABSTRACT SUBMISSIONS

To be considered eligible all abstracts must:

- Have not been previously presented in the proposed format within Australia.
- Not be identical to any that has been previously published at time of submission and within Australia.
- Be submitted in English.
- Address, or be related to, the conference theme/sub themes.

Submission of abstracts will only be accepted online via the apasc.physio. To ensure that all abstracts are submitted to publishable standard, authors must adhere to the requirements detailed below. **Abstracts that do not adhere to these requirements will not be reviewed or accepted.**

Please note that the **submitting author must be the presenting author (except for a structured symposium)**. Correspondence will be with the presenting author or convenor only. The presenting author does not have to be the first named author listed on the abstract.

1. Content requirements

Word limit: Abstracts will be a maximum of 250 words, including key practice points, but not including title/authors/affiliations. Abstracts exceeding this limit will **not** be accepted by the system and will be saved as a draft only, available for editing to the required word limit.

Title: Abstract titles should be no more than 15 words and written in sentence case.

Authors and affiliations: Must be entered in the relevant fields as provided within the online submission process. The presenting author **MUST** be ticked in the box provided. Only one presenting author is allowable per presentation, except for a symposium where one presenting author per paper is required.

Biography: The presenting author(s) must complete a 100 (maximum) word biography for use on the website, app and for the session Chairs to introduce them with.

2. Style requirements

Spacing: Single throughout abstract text. Leave a line between headings.

Layout: All copy should be unjustified and aligned to the left.

Tables, references and figures: Tables, diagrams, references, graphs and figures are NOT accepted within or at the end of the abstract.

Lists: Do not use bullet-pointed or numbered lists within the abstract except for the practice points.

3. Formatting requirements

Abbreviations: Do not use abbreviations in the title or abstract. However, standard units of measurement, which do not have full stops after them (eg, kg, cm) and which do not need to be preceded by the full term at first use, are acceptable.

Capitals: Use capitals sparingly but capitalise proper nouns and most adjectives derived from proper nouns. Divisions of the data set may also be capitalised, eg, Group 1, Stage 2. Capitalise official titles of conferences, congresses, postgraduate courses, institutions, organisations, businesses and government departments. Do not capitalise 'the' except when it is part of the official title, eg, The University of Queensland.

Numbers and percentages: Integers one to nine should generally be spelt out and numbers greater than nine shown as numerals.

Exceptions to this rule include:

- percentages, for which numerals are used in all cases (eg, '7%')
- measures which involve abbreviations (eg, '7 km')
- scores and ratings (eg, 'on a 9-point scale, the mean score was 7')
- numbers used at the start of a sentence, which should be spelt out for numbers less than one thousand and one (eg, 'Forty-five people each received 20 copies of the paper').

When reporting data, be conscious of the precision of the data and report a corresponding number of decimal places. Descriptors of distributions (such as means) may have greater precision than individual measurements.

Statistics: Use a lower case 'p' when reporting p values, except when beginning a sentence. Wherever possible give the exact p (eg, $p = X$) rather than the significance level ($p < X$). Use spaces before and after the '=' sign. Report p to two decimal places if p is greater than or equal to 0.01, and to three decimal places if p is less than 0.01 but greater than or equal to 0.001. If p is less than 0.001, write ' $p < 0.001$ '.

When reporting confidence intervals, use the abbreviation 'CI' and separate the upper and lower confidence limits by the word 'to', not a hyphen. (For example, 'mean = X (95% CI Y to Z)').

It is usually not necessary to report t, F or c^2 values, or to provide ANOVA tables.

Metric abbreviation: Common metric abbreviations are used for most measures, but degree and tonne should be spelt out in full. Metric abbreviations do not take a plural. Do not refer to kgs or cms. Leave a space between numerals and abbreviations, eg, 10 km not 10km (the exception is %, which does not have a space before it).

Please note marks will be deducted for non-adherence to requirements.

ABSTRACT STRUCTURE

For abstract examples please download supplied documents from the [website](#).

Abstracts **MUST** adhere to the layout guidelines described below or they will **NOT** be reviewed/accepted:

Research-based papers (free papers, rapid 5 x 5 and e-posters):

The following data will be asked for in a fillable field and does not need to be repeated in the body of the abstract content.

1. **Title of abstract** (max 15 words).
2. **Names of presenting author and non-presenting co-authors.**
3. **Affiliations to be assigned to each author including:**
 - a. organisation or institution
 - b. city
 - c. country.
4. **A biography of the presenting author.**
5. **A high resolution colour head and shoulders photo of the presenting author.**

The abstract must then be structured to include:

- **Aim:** State the primary objective and the research question posed, the major hypothesis tested or the rationale behind the work.
- **Design:** Describe the design of the study and the rationale for the procedures adopted.
- **Method:** Describe what was done and how, the number of participants, how they were selected and methods of data collection and analysis.
- **Results:** Describe the main findings or outcomes and preferably include numerical/textual data.
- **Conclusion:** State conclusions that can be drawn from the study, including theoretical, methodological, or applied/policy implications as appropriate and any key limitations of the study.

- **Key practice points:** You must include up to three points describing how the learning outcomes of the research/study will contribute to participants' practice.

Symposia:

A symposium contains three individual papers, linked thematically around a topic of research. The individual papers may all be from one National Group or from 2 – 3 different National Groups, but all **MUST** adhere to a single theme. The symposium convener should submit all papers on behalf of the presenting authors. The convener may be one of the three presenting authors. Papers must be submitted via the symposium portal. Individual symposium presenters do **NOT** submit their own abstracts.

Proposals for symposia must include both the symposium overview and an abstract for each individual paper within the symposium:

The following data will be asked for in a fillable field and does not need to be repeated in the body of the abstract content:

1. **Title of symposium** – clearly describes the symposium (max 15 words).
2. **Names of presenting authors** (do not provide name of the convener here unless they are also one of the presenters).
3. **Affiliations to be assigned to each presenting author including:**
 - a. organisation or institution
 - b. city
 - c. country.
4. **A biography** for the **convener** and each **presenting** author of the three papers.
5. **A high resolution colour head and shoulders photo of the presenting authors.**

The symposium abstract must include:

- **Summary and rationale** of the symposium (max. 150 words), describing the theme, objectives and relevance of the individual contributions to the symposium

Abstract for each of the three presentations within the symposium (max. 250 words each): Please number each abstract and ensure it is clear where each abstract starts and finishes.

- **Title of each paper** (approx. 15 words).
- **Presenting author name.**
- **Aim:** State the primary objective and the research question posed, the major hypothesis tested or the rationale behind the work.
- **Design:** Describe the design of the study and the rationale for the procedures adopted.
- **Method:** Describe what was done and how, the number of participants, how they were selected and methods of data collection and analysis.
- **Results:** Describe the main findings or outcomes and preferably include numerical/textual data.
- **Conclusion:** State conclusions that can be drawn from the study, including theoretical, methodological, or applied/policy implications as appropriate and any key limitations of the study.
- **Key practice points:** You must include up to three points describing how the learning outcomes of the research/study will contribute to participants' practice.

In addition, you will be asked to supply the following information:

- **Contact details for all presenters.**

How to papers:

The following data will be asked for in a fillable field and does not need to be repeated in the body of the abstract content:

1. **Title of abstract** (max 15 words).
2. **Names of presenting author and non-presenting co-authors.**
3. **Affiliations to be assigned to each author including:**
 - a. organisation or institution
 - b. city
 - c. country.

4. **A biography** of the presenting author.
5. **A high resolution colour head and shoulders photo of the presenting author.**

The abstract must then be structured to include:

- **Introduction/background:** Provide a concise statement which places the 'how to' session in context including any assumptions of participants' prior knowledge.
- **Aims/objectives:** State the aim and objectives of the session and a statement of learning outcomes in the form of knowledge, skills, techniques/competencies participants should be expected to acquire.
- **Approach:** Provide details of appropriate, active, participatory learning approaches to be used (note that these sessions are not to be considered a practical session for delegates, but can involve demonstration or presentation via video etc.).
- **Key practice points:** State how the learning outcomes of the session will contribute to participants' practice.

POST ABSTRACT SUBMISSION

Selection criteria

- Title clearly describes the project.
- A clear purpose is stated.
- Relevance to one or more conference National Group and/or sub themes
- Context within current evidence base presented.
- Method/approach applied appropriate to aims.
- Evaluation/analysis and results appropriately applied and interpreted.
- Relevance and implications to physiotherapy clearly expressed includes data (numbers) in the results section or a specific case study or qualitative methodology and results. Abstracts will not be accepted if authors write 'results will be presented'.
- Key practice points clearly identified.
- Adherence to requirements met (ie, no abbreviations etc.).

Abstract scoring

1. Papers and posters:

For the following criteria, please provide a score out of 10	Weighting
Originality and significance: Significance of work to knowledge/evidence base of physiotherapy/medicine	20%
Aims, research questions/hypotheses: Are the aims, research questions / hypotheses of the work clear and concisely presented?	10%
Materials and methods: Is the design of the scientific content of the work clear and appropriate to the question being asked?	20%
Results/conclusions: Are the results clearly presented? Are the conclusions logical based on the data presented?	20%
Key practice points/take home messages: Are these included and appropriate?	25%

Clarity or abstract and adherence to formatting requirements eg, abbreviations	5%
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2. How to:

For the following criteria, please provide a score out of 10	Weighting
Background: Significance of work to knowledge/evidence base of physiotherapy practice	20%
Aims: Are the aims of the work clear and concisely presented and identified?	10%
Learning objectives: Are the learning objectives of the session clearly outlined and appropriate?	20%
Approach: Appropriate, active, participatory learning approaches clearly identified	20%
Key practice points/take home messages: Are these included and appropriate?	25%
Clarity or abstract and adherence to formatting requirements eg, abbreviations	5%

3. Symposia:

Reviewers will be asked to assess each of the following based on reading both the Symposium Summary and then the three abstracts submitted together.

For the following criteria, please provide a score out of 10	Weighting
Symposium background	20%
Originality and significance: Significance of work to knowledge/evidence base of physiotherapy/medicine	20%
Results/conclusions: Are the results of all three clearly presented? Are the conclusions logical based on the data presented?	20%
Key practice points/take home messages: Are these included for all three papers and are they appropriate?	25%
Symposium suitability overall Are all three papers linked to an appropriate theme? Are they all well-constructed and suitable for presentation?	10%
Clarity or abstract and adherence to formatting requirements eg, abbreviations	5%

Edits

To edit your abstract go to your Speakers Portal page. Abstracts can be edited **prior to the closing date**. Following submission abstracts can only be deleted by the APA.

Submission confirmation

Once an abstract is successfully submitted, an automatically generated email confirmation will be sent to the email address provided on the online submission form. Please check your junk mail as this will be system generated.

Review process

All submitted abstracts will go through the same review process, with acceptance contingent on the extent to which the abstract meets the aim of the conference program.

Notification

Submitting authors will be notified of the outcome of their submission(s) in early June.

Registration

All presenting authors are required to register for the conference by 14 July 2025 in order for their presentation

details to be included in the APASC25 website and app.

GENERAL INFORMATION

When completing the on-line submission process, you will be asked to confirm that you have read and understood the general information and the requirements you are expected to fulfill.

1. The conference language is English, and all abstracts and presentations must be made in English. There will be no translation provided.
2. A written abstract must be submitted for each proposed presentation.
3. Abstract submissions will only be accepted via the APASC25 website and the Speakers Portal.
4. The abstract submission site will be open until 1 April 2025. Any papers received after this date will not be accepted.
5. It is the author's responsibility to submit a correct abstract. Any errors in spelling, grammar or scientific fact will be reproduced as typed by the author.
6. Most submissions will be related to at least one of the National Groups, however this is not essential. If selected, the selected group is the heading under which your abstract will be reviewed and later published in the Conference program, if accepted. Please choose the group which **best** relates to the subject of your abstract. If submitting a more generic abstract with no group, please select '**Physiotherapy General**'.
7. Only **one** presenting author per paper is permitted. A symposium consists of three papers.
8. A person may only **present** a maximum of **two** abstracts of any format. They may be named on other abstracts as a co-author. This excludes preconference workshops.
9. Notification of outcome will be sent to the corresponding author. Please note that only the corresponding author will receive mail concerning the abstract and is responsible for informing all co-authors of the status of the abstract. Please check junk mail as this confirmation is system generated.
10. Ethics approval: in accordance with the advances in research governance, evidence that ethics approval (if required) has been given is necessary. Please name the ethics committee that approved your work, where appropriate. If ethics approval was not required, or if you do not have an ethics system in your country, please state this.
11. All proposals and presentations must adhere to the use of "people-first" language. A person must not be referred to by disability or condition, and terms that could be considered biasing or discriminatory in any way should be removed (e.g use 'person with a stroke' instead of 'stroke patients'). See disabilityisnatural.com for more information and examples.
12. Speakers are responsible for providing all copyright permissions for material included in their abstracts and presentations.
13. The author presenting the paper must register to attend the conference and be available to participate in the program at the time scheduled.
14. Any changes to the presenting author will need to be notified directly to the APA. **Changes will only be allowed in exceptional circumstances and only a named author will be eligible to substitute.** Changes will be incorporated into the final program if there is sufficient time, but thereafter no further changes will be reflected in the program.
15. The scheduling of all presentations will be determined by the Scientific Committee to ensure best fit with the overall conference program. Requests for specific dates and times may not be considered.

16. PowerPoint will be available in all conference rooms and will be the primary resource available for all presentations.
- 17. Contributors should not use these sessions for marketing opportunities for new products, equipment or organisations, and not use the presentation time to challenge or criticise competitors' products.**
18. Presenters are requested to disclose actual or potential conflicts of interest regarding their presentation in the first slide. This will allow the audience to take potential conflicts of interest into account when assessing the objectivity of the presentation.
19. Please note that some sessions may be video/audiotaped.
20. Accepted abstracts will be published on the conference website and the conference App. The author(s) for each abstract included in the program transfers copyright to APA to publish electronically and in other formats their abstract which will be presented at APASC25. APA does not assume any liability or responsibility for publication of any submitted abstracts. The author(s) are able to pursue freely additional publishing outputs, such as articles in peer reviewed or professional journals or via other media outputs. APA gives permission for the abstract to be included in such publications.
21. The author(s) retain the right, after presentation at the conference to include the work in articles, books, or derivative works that he/she authors or edits provided said use does not imply the endorsement of APA.
22. All presentations during the conference must include the same content and follow the same outline as that described in the submitted and accepted abstract.
23. In keeping with the APA policy, honorarium, fees or payment of expenses will not be provided for presentations.
24. Any source of funding or support for the work being presented should be acknowledged.
25. All decisions of the Conference Advisory and Scientific Committees are final.