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MASSAGE & MYOTHERAPY

JOURNAL

2026 EDITORIAL GUIDELINES



The *Massage & Myotherapy Journal* welcomes submissions which will contribute to the body of knowledge of its readership.

Editorial Enquiries

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Readership

The *Massage & Myotherapy Journal* has a wide and varied readership including both massage and remedial therapists and therapists who incorporate a wide range of modalities into their practices. *Massage & Myotherapy Journal* is also read by other allied health practitioners. The journal is registered with the National Library and is a resource

for students and others interested in allied health services. Because of this diversity, our readers do not always have expert knowledge in every area of massage therapy and it is important that contributors do not assume their audience will have background in the topic they are writing about.

General Guidelines

Article length

The journal accepts articles from 450–1350 words depending on the type of article – please refer to the '**Topics**' section below.

Copyright

Contributors must ensure that all text and illustrations supplied are the property of the contributor and do not infringe copyright in any way. For example, do not include photos and illustrations from textbooks or any other printed material, as this may breach copyright laws.

Articles that quote, review, or analyse specific techniques, case studies, books or references that are copyrighted or trademarked, must be properly cited as an interpretation and referenced accordingly.

Contributor's profiles

Please supply a brief career profile of yourself (maximum 50 words) and a high resolution electronic photo for the author credit section.

Editing rights

The Managing Editor reserves the right to edit where necessary according to house style, space and appropriate

length. All articles submitted for *Massage & Myotherapy Journal* may be subject to peer review by a Review Panel and the Panel's comments will inform the editing process. Articles may be held over to a future edition at the discretion of the Managing Editor and Massage & Myotherapy Australia cannot promise that all contributions will be published.

Format

Please email in a Word document.

Photos/illustrations/graphs

These must be sent separately from the text as high resolution jpg, tif or eps files. For example, if you insert photos and illustrations within the Word document, these MUST also be sent as separate files. Please note that photos and illustrations must be high resolution (300dpi) or they will not be adequate print quality for the journal. The Editor reserves the right to reject photographs of insufficient reproducible quality.

Topics

Introduction

As editorial policy, articles will be considered for inclusion based on the following criteria:

- A therapeutic massage industry focus
- Newsworthy value to readers
- Issues of relevance to or impact upon massage therapists or the industry

- Relevant research-based articles.
- Meeting the different types of articles as described on the following page.

Major articles

Major articles are between 1000 and 3000 words.

Criteria for consideration include:

- Provide analysis of issues involved
- Provide relevant background information
- Consider implications for therapists and client/patients
- Use of case studies to help illustrate points made in the article.

Practice management

Practice Management articles are up to 1250 words.

Criteria for consideration include:

- Relevance to the practice of therapists
- Innovation in practice management
- Legal and regulatory impact on the industry
- Provide analysis of issues involved
- Provide relevant background information.

Some Points on Style

- Articles for the *Massage & Myotherapy Journal* should be free from jargon. Where jargon is unavoidable it should be explained in its first use.
- Avoid too many statistics. If necessary use a table or graph.
- Try not to use language that stereotypes, e.g. 'older people' is preferred to 'elderly'
- The third person is preferable, please avoid using 'I, we', etc

Book reviews

Book reviews are up to approximately 500 words.

Ideally a book review covers as many of the following areas as possible:

- Title, author, publisher, publication year and Recommended Retail Price (RRP)
- The book's intended audience
- Whether the book is an introduction to the topic or readers require previous knowledge
- The author's main arguments or views
- The reviewer's opinion on arguments or views
- Best and worst aspects of the book.

Referencing

The preferred method of citing and referencing throughout the journal is the Vancouver System. More information can be found at the Monash University Library site:

www.monash.edu/library

The Australian Government Style Manual is also available at: www.stylemanual.gov.au

where possible.

- Use the full words for abbreviations and acronyms the first time they are used.
- Use single quotation marks (') for quotes. Only use double quotation marks (") for quotes inside quotes as well as in headlines.

How to Submit Your Contribution

Please email your contribution to:

Managing Editor

Nathan Woods

Email: editor@massagemyotherapy.com.au

You may prefer to email details of your suggestion first before submitting the completed article to ensure that your contribution is likely to be acceptable at the current time.

Thank you for your interest in the *Massage & Myotherapy Journal*. We value the contributions of our authors and the part they play in the dissemination of knowledge throughout the therapeutic massage, remedial massage and myotherapy industry.