

2026 ANNUAL HEARTLAND FOOT & ANKLE CONFERENCE

October 7-9, 2026

Downtown Des Moines Marriott

www.ipms.org |    @IowaPodiatry



IOWA PODIATRIC MEDICAL SOCIETY
NEBRASKA PODIATRIC MEDICAL ASSOCIATION



HEARTLAND POSTER COMPETITION

The Iowa Podiatric Medical Society (IPMS), in conjunction with the College of Podiatric Medicine and Surgery (CPMS), is hosting the Heartland Poster Competition at the Heartland Foot & Ankle Conference, October 7-9, 2026. The Heartland Poster Competition hopes to increase the level of awareness regarding podiatric research on both a regional and national scale. Researchers will have the opportunity to submit research posters to the conference to be displayed throughout the week. There will be two categories for judging: General Submissions and Student Submissions. The winner of the Student Submission category of the Heartland Poster Competition will receive up to \$500 from IPMS to help defray the costs of attending the 2027 APMA National Meeting. This requires submission and acceptance of the winning poster for presentation at the APMA National Meeting.

COMPETITION GUIDELINES

- At least one of the poster authors must be a current IPMS or APMA member.
- Poster presentations are graphically illustrated, self-explanatory presentations of recent findings.
- Authors should illustrate their findings by displaying graphs, photographs, and diagrams. Posters must be able to fit on a 4 ft x 8 ft poster board.
- All posters must be accompanied by a poster abstract and an application submission form.
- Posters will be displayed Thursday and Friday, October 8-9, at the Downtown Marriott.
- Presenters are encouraged to be at their poster Thursday afternoon from 4:45 - 5:30 PM for discussion.
- Winners will be announced during lunch on Friday at 11:30 AM.
- All Abstracts (either a digital or hard copy), and applications are to be submitted in complete form by Friday, September 25, 2026 to the IPMS offices at 400 East Court Ave, Suite 126, Des Moines, IA 50309. Digital copies can be emailed to: IPMS@IPMS.org or you can submit an online application through the tally link in the email.
- Posters should be delivered to the Marriott Hotel in Downtown Des Moines on Thursday, October 8, between 6:30 and 9:00 AM. Posters can be picked up Friday, October 9, anytime after 1:00 PM. We will dispose of any posters left after 3:00 PM.

HOW TO PREPARE

POSTER JUDGING AND ABSTRACT

POSTER JUDGING:

- Method
- Discussion
- Organization
- Introduction
- Results
- Conclusion
- Presentation

For a full overview of the criteria that will be reviewed within each category, please refer to the scoring rubric included with this brochure.

POSTER ABSTRACT GUIDELINES

- Make the title brief and clearly indicate the nature of the study/procedure.
- Abstract is a short summary of (250 words or less) purpose, methods, procedures, results and significant findings.
- Abbreviations may be used. Spell out the term at first mention and follow with abbreviation in parenthesis. Thereafter, abbreviations only should be used.

POSTER PREPERATION

SUGGESTIONS FOR POSTER PREPARATION:

- Divide the contents of your poster into appropriate sections, such as: title, authors; abstract; methodology; data; results; and conclusions. Include each part on a separate panel (or panels) of paper.
- Headings above each poster section should indicate its contents and potentially identify the appropriate sequence for viewing the poster by clearly visible numbers, letters, or arrows.
- Use a font pitch of no less than 18 for your text, since most viewers will be standing at least three feet away from a poster.
- Use larger lettering for the poster's title and authors. (At least an inch high.)
- Avoid fonts that utilize script or are difficult to read.
- If hand lettering is required, use felt-tip black ink.
- Written material should be concise. Save unessential but helpful or interesting secondary points for discussion with your audience.
- Graphs, charts, and tables are particularly eye-catching at poster sessions.
- Extensive, creative use of captioned illustrations (photographs, graphs or other types of visually appealing material) is the point of a poster presentation.
- Please do not simply mount the text of a document (paper) as a "poster", it will not be effective for this mode of presentation.
- People attending a poster session are free to move about from poster to poster, so you should limit the amount of text.

SUGGESTIONS FOR POSTER CONTENT PREPARATION

INTRODUCTION

What is the central message of your Introduction? This section should start with your general question, provide a few lines about the context and the background of your work, and end with a clear statement of the hypotheses or predictions that you made.

METHODOLOGY

What is the central message of your Methods? Give concise explanation for what your measurement means. Give the essentials about the subject(s), the condition(s), measurement setting, and protocol. Explain your measurement setting and the reasons that you have chosen this setup. Don't be so brief that people can't figure out what you did, but do give some thought to what is really relevant to this particular project.

RESULTS

What is the central message of your Results? What did you find? Did your measurements come out the way you expected? This section will probably involve little text and more graphics.

DISCUSSION

What is the central message of your Discussion? Why should your audience care? Relate your findings to your profession/clinical practice. This is very important, because your audience will want to learn not only about what you did but also about why it is important. Be prepared to address this issue, briefly in your poster and in greater depth when talking with the people that visit your poster.

CONCLUSION

What is the central message of your Conclusions? This is a big one because it is really your take-home message. In 25 words or less, what is the dramatic finding that you want your audience to remember?

ACKNOWLEDGMENTS AND REFERENCES

These are auxiliary sections that often appear in the lower right corner of a poster. "Acknowledgments" is your opportunity to thank those who were especially helpful in your project, etc. "References" allows you to list the citations of the literature you cited in your poster. Regarding the number of sources to cite, you should use just a few (perhaps 4-6), focusing on those papers that are particularly relevant to your question.

2026 HEARTLAND POSTER COMPETITION

REGISTRATION FORM | DISPLAY DATES: OCTOBER 8-9, 2026



AUTHOR REGISTRATION INFORMATION

Poster Title: _____

Primary Author: _____

Contact Address/City/State/Zip: _____

Contact Email: _____

Contact Fax: _____

Name(s), Titles, and Cities of Co-Authors (please photocopy this form to list additional authors):

Name	Title	Clinic/Program	City, State
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Please **CHECK ONE** of the following Classifications

- | | |
|--|---|
| ☐ Rearfoot and Ankle Reconstruction | ☐ Forefoot Reconstruction |
| ☐ Wound Care/Infectious Diseases | ☐ Heel Pain |
| ☐ Arthroscopy | ☐ Orthotics/Prosthetics/Pedorthics |
| ☐ The Diabetic Foot Conditions | ☐ Biomechanics and Anatomy |
| ☐ Peripheral Nerve Disorders | ☐ Trauma (Surgical/Conservative) |
| ☐ Basic Science Research | ☐ Physical Therapy/Rehabilitation |
| ☐ Practice Management | |

Please **CHECK ONE** of the following Categories

- ☐ Student Submission
☐ General Submission

CODE OF CONDUCT

- ☐ I acknowledge and agree to comply with the Meeting Code of Conduct of the Heartland Foot and Ankle Conference (available for download at www.ipms.org/conference/code-of-conduct).

Signature _____ Date _____

PLEASE SUBMIT BY SEPTEMBER 25, 2026

Please submit completed applications with abstract (250 words or less, digital or hard copy) to:



IPMS
Iowa Podiatric Medical Society
Physician Specialists of the Foot & Ankle

Iowa Podiatric Medical Society
400 East Court Ave, Suite 126
Des Moines, IA 50309
EMAIL: IPMS@IPMS.org