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| **PICO Question** | **Room** | **Group # & Members** |
| Do yoga and breathing exercises, compared to no exercise, help to shorten the duration of labor in pregnant women over the age of 18? | 211 | 1  Nicole, Meg B, Kirstin, Ansley |
| In older adults aged 60+ with early onset Alzheimer’s Disease, does Bifidobacterium probiotic supplementation compared to a placebo improve their cognitive function as measured by the Mini-Mental State Examination? | 212 | 2  Brycen, Logan, Payton, Hannah |
| In adults with Parkinson's disease H&Y stages 1-3 who experience freezing of gait, does gait training with auditory cueing result in increased stride length compared to gait training without auditory cueing? | 213 | 3  Kassidi, Sierra, Gracyn, Cierra |
| Do patients post CVA that receive traditional PT plus backward walking training see greater improvements in gait speed than patients that only receive traditional PT? | 214 | 4  Julia, Hope, Carter |
| Does Platelet-rich Plasma (PRP) injection (single injection, 2-8x normal platelet count) improve function and pain from tendinopathy more than conventional physical therapy (CPG loading program) in adults (18-65 y/o)? | 215 | 5  Grayson, Andy, Sam |
| In e-sports athletes, does a PT guided stress management protocol addressing mindfulness exercises, diaphragmatic breathing, and improved sleep hygeine reduce cortisol levels and improve focus during gaming performance compared to no structured intervention or self-directed relaxation methods? | 308 | 6  John, Tyler |
| Is Blood Flow Restriction more effective than traditional load resistance training in improving isotonic lower extremity strength in patients aged between 15-40 years old who underwent unspecified Anterior Cruciate Ligament reconstruction? | 311 | 7  Everett, Paige, Jack |
| How does early sport specialization within high school for adolescent athletes (age 14-18) compared to participation in multiple sports (more than 1 sport) impact injury risk as shown by amount of injuries within athletic career? | 312 | 8  Cole, Jess |
| In patients aged 40-70 y.o. who received a TKA, is functional knee range of motion (115 degrees AROM/PROM flexion) recovery quicker in duration using aquatic physical therapy combined with conventional land physical therapy versus conventional land physical therapy alone? | 313 | 9  Carley, Erin, Allison, Alexis |
| In manufacturing laborers, how does participation in an onsite industrial rehabilitation program compared to traditional employer-based health insurance without onsite support affect workmen’s compensation claim rates and return-to-work times? | 314 | 10  Jordan, Gabe, Matthew, Wesley |
| Does virtual reality training produce better balance outcomes (Mini-BEST, BERG, or ABC) in comparison to traditional balance training in older adult patients (ages 50 and up) with early stage (H&Y 1-3) Parkinson's disease? | 315 | 11  Megan J., Riley, Amber |
| In patients older than 55 years old with Parkinson’s Disease (H&Y 1-3), is LSVT Big Training more beneficial for improving Timed Up & Go performance compared to traditional balance training? | 325 | 12  Avery, Barbara, Tori, Kalyssa |