

## SUPPLEMENTAL MATERIALS

**Table S1:** PC-PEP PEMT weekly instructions and descriptors and Weekly Compliance Survey Questions for Assessing the Pelvic Floor Muscle Training (PFMT) Component of the Prostate Cancer-Physical Exercise Program (PC-PEP)

<i>Week</i>	<i>Position</i>	<i>Start of Long Holds</i>	<i>End of Long Holds</i>	<i>Quick Flicks</i>	<i>Blow Before You Go Exercise</i>
1	Lying and sitting	Lying on your back, contract your pelvic floor muscles gradually increasing level of effort up to 100% over the 10 second period.	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Sitting upright, breathe in, then breathe out and hold that breath. Then fully contract your pelvic floor muscles and stand up. Once standing release the contraction and breathe normally. Perform 1 repetition.
2	Sitting and standing	Sitting upright with a towel rolled underneath you, contract your pelvic floor muscles for 10 seconds, gradually increasing level of effort up to 100%.	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week
3	Lying and sitting	Lying on your back, contract your pelvic floor muscles gradually increasing level of effort up to 100% over the 10 second period.	First still lying down, fully relax and breathe out for 10 seconds once full contraction is achieved. Perform the same technique sitting upright for the second set	Lying on your back, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Perform the same technique sitting upright. Repeat 10 times for each.	Same as previous week

4	Sitting and standing	Sitting upright, contract your pelvic floor muscles for 10 seconds, gradually increasing level of effort by 25% up to 100%. Perform the same technique while standing upright.	Sitting upright, fully relax and breathe out for 10 seconds. Perform the same technique standing upright for the second set	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Perform the same technique but standing upright. Repeat 10 times for each.	Same as previous week
5	Sitting and standing	Same as previous week	Sitting upright, fully relax and breathe out for 10 seconds. Perform the same technique standing upright for the second set	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Perform the same technique but standing upright. Repeat 10 times for each.	Same as previous week
6	Sitting and standing	Sitting upright, contract your pelvic floor muscles for 10 seconds, gradually increasing level of effort by 25% up to 100% and maintaining that 100% till the end of the 10 seconds.	Sitting upright, gradually relax and breathe out for 5 seconds, decreasing effort by 25%, then fully relax. Perform the same technique standing upright for the second set	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week
7	Sitting and standing	Same as previous week	Sitting upright, gradually relax and breathe out for 5 seconds, decreasing effort by 25%, then fully relax. Perform the same technique standing upright for the second set	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week

8	Sitting and standing	Same as previous week	Sitting upright, gradually relax and breathe out for 5 seconds, decreasing effort by 25%, then fully relax. Perform the same technique standing upright for the second set	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week
9	Sitting and standing	Same as previous week	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week
10	Sitting and standing	Same as previous week	Gradually relax and breathe out for 5 seconds, decreasing effort by 25%, then fully relax.	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week
11	Sitting and standing	Sitting upright, start by building tension from your anus to the base of your penis. Then, fully contract your pelvic floor muscles for 10 seconds.	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week

12	Sitting and standing	Sitting upright, start by building tension, increasing effort by 25% from your anus to the base of your penis. Then, fully contract your pelvic floor muscles for 10 seconds.	Gradually release the tension in your pelvic floor starting from the base of your penis to your anus. Repeat 20 times.	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Standing: Breathe out, hold breath, fully contract your pelvic floor, Lunge and reach down as if picking something up. Return to standing. Relax pelvic floor and breathe normally. Repeat on other leg.
13	Sitting and standing	Sitting upright, start by building tension, increasing effort by 25% from the base of your penis to your anus. Then, fully contract your pelvic floor muscles for 10 seconds.	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week
14	Sitting and standing	Sitting upright, start by building tension, increasing effort by 25% from the base of your penis to your anus. Then, fully contract your pelvic floor muscles for 10 seconds.	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week
15	Sitting and standing	Sitting upright, start by building tension, increasing effort by 25% from the base of your penis to your anus. Then, fully contract your pelvic floor muscles for 10 seconds.	Gradually release the tension in your pelvic floor starting from the anus to base of your penis.	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week
16	Standing	Standing up, quickly build tension up to 100% in the pelvic floor muscles and	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform	Same as previous week

		hold that full contraction for 10 seconds.		at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	
17	Standing	Sitting upright, contract your pelvic floor muscles for 10 seconds, gradually increasing level of effort by 25% up to 100% and maintaining that 100% effort till the end of the 10 seconds.	Standing up, gradually relax and breathe out for 5 seconds, decreasing effort by 25%, then fully relax.	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Standing: Breathe out, hold breath, fully contract your pelvic floor. Squat (with both legs). Return to standing. Relax pelvic floor and breathe normally. Repeat once.
18	Standing	Same as previous week	Standing up, gradually relax and breathe out for 5 seconds, decreasing effort by 25%, then fully relax.	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Same as previous week
19	Standing	Standing up, start by building tension, increasing effort by 25% from your anus to the base of your penis. Then, fully contract your pelvic floor muscles for 10 seconds.	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Standing: Breathe out, hold breath, fully contract your pelvic floor. Reach down to the right side as if picking something up of floor. Return to standing. Relax pelvic floor and breathe normally. Repeat on other side.
20	Standing	Standing up, start by building tension, increasing effort by 25% from your anus to the base of your penis. Then, fully contract your pelvic floor muscles for 10 seconds.	Gradually release the tension in your pelvic floor starting from the base of your penis to your anus.	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction	Standing: Breathe out, hold breathe, fully contract your pelvic floor. Bring your hands to your sides and pretend to cough, maintaining the contraction in the pelvic floor. Relax pelvic floor and breathe normally. Repeat once.

				and relaxation as quick as possible. Repeat 10 times.	
21	Standing	Sitting upright, start by building tension, increasing effort by 25% from the base of your penis to your anus. Then, fully contract your pelvic floor muscles for 10 seconds.	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Standing: Breathe out, hold breath, fully contract your pelvic floor. Squat (with both legs). Return to standing. Relax pelvic floor and breathe normally. Repeat once.
22	Standing	Same as previous week	Gradually release tension in the pelvic floor.	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Standing: Breathe out, hold breathe, fully contract your pelvic floor. Bring your hands to your sides and pretend to cough, maintaining the contraction in the pelvic floor. Relax pelvic floor and breathe normally. Repeat once.
23	Standing	Standing up, perform two quick contractions and hold a 100% contraction in the pelvic floor muscles for 10 seconds.	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Standing: Breathe out, hold breath, fully contract your pelvic floor. Squat (with both legs). Return to standing. Relax pelvic floor and breathe normally. Repeat once.
24	Standing	Standing up, perform two quick contractions and hold a 100% contraction in the pelvic floor muscles for 10 seconds.	Two quick contractions then release	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction	Standing: Breathe out, hold breathe, fully contract your pelvic floor. Bring your hands to your sides and pretend to cough, maintaining the contraction in the pelvic floor. Relax pelvic floor and breathe normally. Repeat once.

				and relaxation as quick as possible. Repeat 10 times.	
25	Standing	Standing up, perform three contractions starting from the anus to base of the penis, relaxing in between the first two contractions.	One quick contraction then relax	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Standing: Breathe out, hold breath, fully contract your pelvic floor, Lunge and reach down as if picking something up. Return to standing. Relax pelvic floor and breathe normally. Repeat on other leg.
26	Standing	Standing up, perform two quick contractions and hold a 100% contraction in the pelvic floor muscles for 10 seconds.	Relax fully	Sitting upright, fully contract the pelvic floor muscles, and then release immediately once peak contraction is achieved. Perform at a pace that works for your level of ability. Try to make transitions between contraction and relaxation as quick as possible. Repeat 10 times.	Standing: Breathe out, hold breathe, fully contract your pelvic floor. Bring your hands to your sides and pretend to cough, maintaining the contraction in the pelvic floor. Relax pelvic floor and breathe normally. Repeat once.

Note: Patients were asked to perform Kegel exercises three times daily, with each session lasting between 7 and 9 minutes. The average duration of a session was 8 minutes and 46 seconds, resulting in a total daily commitment of approximately 26.31 minutes.

Weekly Compliance Survey Questions for Assessing the Pelvic Floor Muscle Training (PFMT) Component of the Prostate Cancer-Physical Exercise Program (PC-PEP): During the PC-PEP Intervention/Training with our Pelvic Floor Nurse and in our daily message and weekly Kegels videos, we encouraged you to do pelvic floor (KEGELS) exercise routines, 3 times a day; for 7-9 minutes each time.

HOW MANY DAYS THIS WEEK, did you do the PELVIC FLOOR prescribed by the Study's Physiotherapist/or Pelvic Floor Nurse?

- ☐ not at all (KEGEL) EXERCISES that you were  
☐ 1 day  
☐ 2 days  
☐ 3 days  
☐ 4 days  
☐ 5 days  
☐ 6 days  
☐ 7 days

On average, HOW LONG (in minutes) did you spend PER DAY, during THIS WEEK, doing KEGELS?

**Table S2** Results of the two-level linear model analyses for the entire sample and subgroup analyses by treatment type (62 surgery; 66 radiation) fitting International Prostate Symptom Score (I-PSS) score, I-PSS Quality of Life score, Expanded Prostate Cancer Index Composite (EPIC) Urinary Incontinence, EPIC Urinary Irritative/Obstructive, EPIC-Bowel, Sexual and Hormonal self-reported function among 128 prostate cancer patients from Halifax, Nova Scotia, evaluating differences between groups (PC-PEP vs. waitlist control) from baseline to 6 months (without covariates adjustment)

<i>Level</i>	<b>I-PSS Sum score</b>			
	<i>Parameter Estimate</i>	<i>95% Confidence Interval</i>		<i>p</i>
		<i>Lower</i>	<i>Upper</i>	
Group (Control vs. PC-PEP)	3.1	0.93	5.3	0.005
Time (baseline vs. 6 months)	-0.076	-1.8	1.7	0.9
Time x Group (Control)	-2.4	-4.9	0.097	0.059
<b>IPSS Bother score</b>				
Group (Control vs. PC-PEP)	0.96	0.43	1.5	<0.001
Time (baseline vs. 6 months)	-0.11	-0.51	0.30	0.6
Time x Group (PCPEP)	-0.88	-1.5	-0.29	0.004
<b>EPIC Urinary Incontinence score</b>				
Group (Control vs. PC-PEP )	-20	-28	-12	<0.001
Time (baseline vs. 6 months)	11	3.9	17	0.002
Time x Group (Control)	20	10	29	<0.001
<b>EPIC Urinary Irritative/Obstruction score</b>				
Group (Control vs. PC-PEP )	-7.8	-12	-3.5	<0.001
Time (baseline vs. 6 months)	-1.4	-4.7	1.9	0.406
Time x Group (Control)	6.5	1.7	11	0.008
<b>EPIC Bowel scores</b>				
Group (Control vs. PC-PEP )	-2.5	-6.4	1.4	0.2
Time (baseline vs. 6 months)	2.5	-0.30	5.3	0.079
Time x Group (Control)	2.03	-2.02	6.09	0.3
<b>EPIC Sexual score</b>				
Group (Control vs. PC-PEP )	-4.3	-13	4.6	0.4
Time (baseline vs. 6 months)	30	23	37	<0.001
Time x Group (Control)	4.8	-5.7	15	0.4
<b>EPIC Hormonal score</b>				
Group (Control vs. PC-PEP )	-1.7	-6.1	2.7	0.5
Time (baseline vs. 6 months)	4.6	1.4	7.7	0.005
Time x Group (Control)	1.3	-3.2	5.7	0.6



**Table S3** Results of the two-level linear model analyses fitting International Prostate Symptom Score (I-PSS) score, I-PSS Quality of Life score, Expanded Prostate Cancer Index Composite (EPIC) Urinary Incontinence, EPIC Urinary Irritative/Obstructive, EPIC-Bowel, Sexual and Hormonal self-reported function among prostate cancer patients evaluating differences between groups (PC-PEP vs. late PC-PEP for the waitlist control group) from baseline to 12 months.

<i>Level</i>	<b>I-PSS Sum score</b>			
	<i>Parameter Estimate</i>	<i>95% Confidence Interval</i>		<i>p</i>
		<i>Lower</i>	<i>Upper</i>	
Group (Control vs. PC-PEP)	2.01	-0.36	4.09	0.057
Time (baseline vs. 6 months)	0.94	-0.68	2.56	0.3
Time x Group (Control)	-1.5	-3.8	0.87	0.2
<b>Surgery</b>				
Group (Control vs. PC-PEP)	3.9	0.69	7.01	0.017
Time (baseline vs. 6 months)	1.2	-1.5	3.9	0.4
Time x Group (Control)	-1.5	-5.1	2.2	0.4
<b>Radiation</b>				
Group (Control vs. PC-PEP)	0.013	-2.8	2.8	0.9
Time (baseline vs. 6 months)	0.72	-1.3	2.8	0.5
Time x Group (Control)	-1.6	-4.6	1.5	0.4
	<b>IPSS Bother score</b>			
Group (Control vs. PC-PEP)	0.49	-0.015	1.01	0.057
Time (baseline vs. 6 months)	-0.046	-0.45	0.36	0.8
Time x Group (PCPEP)	-0.47	-1.05	0.11	0.11
<b>Surgery</b>				
Group (Control vs. PC-PEP)	1.5	0.73	2.27	<0.001
Time (baseline vs. 6 months)	0	-0.69	0.69	1
Time x Group (Control)	-0.73	-1.7	0.22	0.13
<b>Radiation</b>				
Group (Control vs. PC-PEP)	-0.51	-1.2	0.14	0.12
Time (baseline vs. 6 months)	-0.081	-0.56	0.402	0.74
Time x Group (Control)	-0.19	-0.92	0.53	0.6
	<b>EPIC Urinary Incontinence score</b>			
Group (Control vs. PC-PEP )	-11	-17	-4.5	<0.001
Time (baseline vs. 6 months)	5.7	0.67	11	0.027
Time x Group (Control)	11	4.1	19	0.002
<b>Surgery</b>				
Group (Control vs. PC-PEP)	-22	-32	-12	<0.001
Time (baseline vs. 6 months)	13	4.2	21	0.004
Time x Group (Control)	17	5.6	28	0.004
<b>Radiation</b>				
Group (Control vs. PC-PEP)	2.2	-5.3	9.7	0.6
Time (baseline vs. 6 months)	0.27	-3.7	4.2	0.9
Time x Group (Control)	2.5	-3.6	8.5	0.4
	<b>EPIC Urinary Irritative/Obstruction score</b>			

Group (Control vs. PC-PEP )	-4.2	-8.5	0.11	0.057
Time (baseline vs. 6 months)	-2.2	-5.7	1.4	0.2
Time x Group (Control)	2.6	-2.5	7.7	0.3
<b>Surgery</b>				
Group (Control vs. PC-PEP)	-9.2	-15	-3.3	0.003
Time (baseline vs. 6 months)	-3.1	-8.5	2.3	0.3
Time x Group (Control)	3.4	-3.9	11	0.4
<b>Radiation</b>				
Group (Control vs. PC-PEP)	1.5	-4.8	7.7	0.6
Time (baseline vs. 6 months)	-1.4	-6.3	3.5	0.6
Time x Group (Control)	2.01	-5.3	9.3	0.6
	<b>EPIC Bowel scores</b>			
Time x Group (Control)	-1.5	-6.1	3.05	0.5
Time (baseline vs. 6 months)	5.3	1.7	8.9	0.004
Time x Group (Control)	0.67	-4.5	5.9	0.8
<b>Surgery</b>				
Group (Control vs. PC-PEP)	-3.1	-9.3	2.9	0.3
Time (baseline vs. 6 months)	1.05	-2.7	4.8	0.6
Time x Group (Control)	2.5	-2.7	7.7	0.3
<b>Radiation</b>				
Group (Control vs. PC-PEP)	-0.105	-7.06	6.9	0.9
Time (baseline vs. 6 months)	8.6	2.8	14.5	0.004
Time x Group (Control)	0.042	-8.8	8.8	0.9
	<b>EPIC Sexual score</b>			
Group (Control vs. PC-PEP )	-1.9	-11	7.1	0.7
Time (baseline vs. 6 months)	30	23	37	<0.001
Time x Group (Control)	3.7	-6.5	14	0.5
<b>Surgery</b>				
Group (Control vs. PC-PEP)	-8.9	-20	2.7	0.13
Time (baseline vs. 6 months)	42	32	53	<0.001
Time x Group (Control)	0.99	-13	15	0.9
<b>Radiation</b>				
Group (Control vs. PC-PEP)	8.005	-5.6	22	0.3
Time (baseline vs. 6 months)	20	11	29	<0.001
Time x Group (Control)	2.3	-11	16	0.7
	<b>EPIC Hormonal score</b>			
Group (Control vs. PC-PEP )	0.56	-3.8	4.9	0.8
Time (baseline vs. 6 months)	5.5	2.2	8.9	0.001
Time x Group (Control)	-1.7	-6.5	3.2	0.5
<b>Surgery</b>				
Group (Control vs. PC-PEP)	-3.04	-8.8	2.7	0.3
Time (baseline vs. 6 months)	1.7	-2.8	6.3	0.5

Time x Group (Control)	0.25	-5.9	6.5	0.9
<b>Radiation</b>				
Group (Control vs. PC-PEP)	4.3	-2.1	11	0.2
Time (baseline vs. 6 months)	8.5	3.6	13	<0.001
Time x Group (Control)	-2.5	-9.8	4.9	0.5

Note: Models included group, time (month), group x time, age, treatment modality (surgery vs. radiation), Charlson Comorbidity Index, days between randomization and treatment.

**Table S4** PFMT compliance outcomes over 26 weeks for the early and late (waitlist-control) groups among 128 men from Halifax, Nova Scotia.

Early PC-PEP Group: Intervention received from the start of the trial (time of scheduled treatment) to 6 months																											
Week number	1-26 M (SE)	1 M (SE)	2 M (SE)	3 M (SE)	4 M (SE)	5 M (SE)	6 M (SE)	7 M (SE)	8 M (SE)	9 M (SE)	10 M (SE)	11 M (SE)	12 M (SE)	13 M (SE)	14 M (SE)	15 M (SE)	16 M (SE)	17 M (SE)	18 M (SE)	19 M (SE)	20 M (SE)	21 M (SE)	22 M (SE)	23 M (SE)	24 M (SE)	25 M (SE)	26 M (SE)
Nr. of days/ week	4.87 (0.22)	5.72 (0.23)	5.39 (0.28)	5.52 (0.28)	5.17 (0.30)	5.00 (0.33)	4.94 (0.30)	4.69 (0.31)	4.95 (0.30)	4.92 (0.29)	5.14 (0.27)	4.80 (0.30)	4.81 (0.31)	4.81 (0.31)	4.86 (0.32)	4.77 (0.32)	4.78 (0.28)	4.75 (0.31)	4.69 (0.32)	4.50 (0.32)	4.89 (0.30)	4.50 (0.32)	4.61 (0.32)	4.77 (0.32)	4.52 (0.32)	4.70 (0.31)	4.55 (0.32)
Avg. min/ day	20.19 (1.00)	21.56 (1.56)	20.63 (1.43)	23.14 (1.46)	20.21 (1.42)	20.06 (1.69)	19.06 (1.56)	21.43 (2.24)	23.39 (2.00)	22.15 (1.62)	24.98 (3.24)	19.76 (1.50)	19.31 (1.52)	19.89 (1.49)	20.55 (1.42)	18.56 (1.49)	19.31 (1.33)	19.39 (1.51)	21.09 (1.81)	19.57 (1.59)	20.05 (1.51)	17.17 (1.52)	18.58 (1.44)	18.42 (1.60)	19.72 (1.50)	18.37 (1.35)	18.59 (1.50)
Late PC-PEP Group (waitlist control): intervention received from 6-12 months																											
Nr. of days/ week	5.29 (0.35)	5.82 (0.36)	5.79 (0.37)	5.49 (0.38)	5.64 (0.40)	5.33 (0.43)	5.36 (0.45)	5.73 (0.35)	5.73 (0.39)	5.61 (0.38)	5.58 (0.41)	5.39 (0.42)	5.12 (0.41)	5.09 (0.44)	5.33 (0.40)	5.03 (0.45)	4.91 (0.47)	5.09 (0.43)	5.18 (0.44)	5.27 (0.41)	4.85 (0.43)	5.39 (0.37)	5.03 (0.41)	5.09 (0.43)	4.67 (0.43)	5.27 (0.41)	4.85 (0.45)
Avg. min/ day	20.35 (1.72)	19.79 (2.02)	19.21 (2.07)	21.73 (1.85)	19.49 (1.90)	18.91 (2.09)	20.36 (2.16)	21.06 (1.70)	21.36 (1.99)	21.11 (1.95)	21.30 (2.13)	20.71 (2.91)	19.86 (1.92)	19.91 (1.99)	20.89 (1.85)	17.52 (1.99)	18.74 (2.03)	18.92 (1.74)	19.64 (2.16)	21.34 (2.07)	19.33 (1.93)	18.49 (1.66)	19.07 (1.83)	18.58 (1.78)	17.73 (1.82)	27.48 (9.35)	26.64 (9.42)

<sup>a</sup>PFMT = Pelvic Floor Muscle Training**Table S5** GLMM analysis evaluating group (early versus late PC-PEP intervention) x time (26 weeks) interaction for PFMT compliance among 128 prostate cancer patients from Halifax, Nova Scotia, Canada.

<i>TESTS OF FIXED EFFECTS</i>			
<i>Effect</i>	<i>df</i>	<i>F value</i>	<i>P</i>
PELVIC FLOOR/KEGELS EXERCISES - Average number of days completed per week			
Time	1	4.21	<b>0.04</b>
Group	1	1.96	0.16
Group x Time	1	1.08	0.30
PELVIC FLOOR/KEGELS EXERCISES - Average number of days completed per week <sup>1</sup>			
Time	1	3.89	0.052
Group	1	1.19	0.28
PELVIC FLOOR/KEGELS EXERCISES - Average number of minutes completed per week			
Time	1	0.27	0.61
Group	1	3.19	0.08
Group x Time	1	2.00	0.16

<sup>1</sup>Follow up analyses for significant main effects in the absence of a significant interaction

**Table S6 Displaying subgroup (treatment modality) results of early (PC-PEP received at randomization) vs. late (PC-PEP received at 6 months) x time (pre-post intervention) analysis of outcomes.** This table presents the results of treatment subgroup analyses, comparing outcomes between patients receiving the Prostate Cancer-Physical Exercise Program (PC-PEP) at randomization (early intervention) versus those starting the program at 6 months (late intervention). Outcomes are measured pre- and post-intervention using a two-level linear model by treatment modality. The analysis includes the International Prostate Symptom Score (I-PSS), I-PSS Quality of Life score, and Expanded Prostate Cancer Index Composite (EPIC) scores for Urinary Incontinence, Urinary Irritative/Obstructive symptoms, Bowel, Sexual, and Hormonal functions. This evaluation assesses differences in self-reported function among prostate cancer patients, comparing those in the PC-PEP group with a waitlist control group.

Level	I-PSS Sum score			
	Parameter Estimate	95% Confidence Interval		p
		Lower	Upper	
Surgery				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	2.9	-0.36	6.3	0.081
Time (pre vs. post-intervention)	0.69	-1.6	2.9	0.6
Time x Group (Late PC-PEP Waitlist-Control)	1.8	-1.3	4.9	0.3
Radiation				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	-1.2	-4.1	1.8	0.4
Time (pre vs. post-intervention)	-0.68	-2.8	1.5	0.5
Time x Group (Late PC-PEP Waitlist-Control)	2.05	-1.2	5.3	0.2
IPSS Bother score				
Surgery				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	1.2	0.49	2.01	0.001
Time (pre vs. post-intervention)	-0.24	-0.79	0.31	0.4
Time x Group (Late PC-PEP Waitlist-Control)	0.79	-0.79	0.31	0.4
Radiation				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	-0.42	-1.1	0.27	0.2
Time (pre vs. post-intervention)	0.00	-0.49	0.49	1.0
Time x Group (Late PC-PEP Waitlist-Control)	0.37	-0.36	1.12	0.3
EPIC Urinary Incontinence score				
Surgery				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	-9.3	-21	2.1	0.11
Time (pre vs. post-intervention)	25	16	33	<0.001
Time x Group (Late PC-PEP Waitlist-Control)	-46	-58	-35	<0.001
Radiation				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	0.96	-6.9	8.8	0.8
Time (pre vs. post-intervention)	-0.34	-4.7	4.03	0.9
Time x Group (Late PC-PEP Waitlist-Control)	-2.8	-9.4	3.8	0.4
EPIC Urinary Irritative/Obstruction score				
Surgery				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	-7.9	-15	-1.2	0.021
Time (pre vs. post-intervention)	-2.3	-7.7	2.5	0.4
Time x Group (Late PC-PEP Waitlist-Control)	-4.4	-11	2.2	0.2

<b>Radiation</b>				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	1.6	-4.1	7.3	0.6
Time (pre vs. post-intervention)	-0.73	-4.91	3.45	0.7
Time x Group (Late PC-PEP Waitlist-Control)	-1.6	-7.9	4.7	0.6
	<b>EPIC Bowel scores</b>			
<b>Surgery</b>				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	-4.9	-11	0.71	0.089
Time (pre vs. post-intervention)	-0.53	-4.03	2.9	0.8
Time x Group (Late PC-PEP Waitlist-Control)	2.6	-2.2	7.4	0.3
<b>Radiation</b>				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	-3.7	-11	3.2	0.29
Time (pre vs. post-intervention)	4.9	1.1	8.7	0.012
Time x Group (Late PC-PEP Waitlist-Control)	-4.2	-9.9	1.6	0.15
	<b>EPIC Sexual score</b>			
<b>Surgery</b>				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	-9.6	-19	-0.48	0.039
Time (pre vs. post-intervention)	43	34	51	<0.001
Time x Group (Late PC-PEP Waitlist-Control)	-46	-58	-35	<0.001
<b>Radiation</b>				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	9.4	-3.9	23	0.16
Time (pre vs. post-intervention)	20	12	28	<0.001
Time x Group (Late PC-PEP Waitlist-Control)	-19	-30	-7.5	0.002
	<b>EPIC Hormonal score</b>			
<b>Surgery</b>				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	-4.8	-12	1.9	0.161
Time (pre vs. post-intervention)	-0.34	-4.4	3.8	0.9
Time x Group (Late PC-PEP Waitlist-Control)	-1.02	-6.6	4.6	0.7
<b>Radiation</b>				
Group (Late PC-PEP Waitlist-Control vs. early PC-PEP)	3.7	-3.4	11	0.31
Time (pre vs. post-intervention)	8.4	3.8	13	<0.001
Time x Group (Late PC-PEP Waitlist-Control)	-11	-18	-4.02	0.002

Note: Models included group, time (month), group x time, age, treatment modality (surgery vs. radiation) – in the whole sample analysis, Charlson Comorbidity Index, days between randomization and treatment.