

Table S1. Data from pelvic floor strength and sonography of female athletes before and after the intervention period.

		Pre		Post		Intra-group differences (pre vs post)			Between-group differences (at post)			
		Mean	SD	Mean	SD	Mean	95%CI	ES (d)		Mean	95%CI	ES (d)
Pelvic floor strength												
Oxford scale (0 to 5 points)	CG	3.33	0.65	3.42	0.67	0.08	(-0.39-0.39)	NS	CG vs EG1	0.11	(-0.74-0.85)	NS
	EG1	2.77	0.83	3.31	0.95	0.54*	(0.69-1.01)	0.6	CG vs EG2	0.13	(-0.72-0.80)	NS
	EG2	2.57	0.76	3.29	0.73	0.71**	(0.36-1.07)	1.0	EG1 vs EG2	0.02	(-0.68-0.88)	NS
MVC (mmH ₂ O)	CG	5.67	3.94	5.67	4.40	-0.01	(-5.03-3.05)	NS	CG vs EG1	0.42	(-4.01-5.53)	NS
	EG1	5.08	5.25	6.08	6.30	1.00	(-4.22-6.22)	NS	CG vs EG2	0.97	(-4.40-4.97)	NS
	EG2	6.08	6.18	4.69	3.97	-1.38	(-6.34-3.57)	NS	EG1 vs EG2	1.39	(-3.73-5.82)	NS
Sonography												
Levator hiatus at REST (mm)	CG	51.36	7.08	50.91	6.14	0.45	(-2.07-2.17)	NS	CG vs EG1	1.96	(-5.03-8.96)	NS
	EG1	51.37	4.79	52.87	6.46	-1.50	(-3.83-0.83)	NS	CG vs EG2	1.99	(-4.75-8.74)	NS
	EG2	53.62	7.04	52.90	7.61	0.72	(-1.50-2.94)	NS	EG1 vs EG2	0.03	(-6.71-6.77)	NS
Levator hiatus at MVC (mm)	CG	42.53	4.93	42.86	4.80	-0.33	(-2.49-1.82)	NS	CG vs EG1	1.28	(-4.95-7.51)	NS
	EG1	44.60	5.24	44.14	5.75	0.46	(-1.65-2.56)	NS	CG vs EG2	2.93	(-3.08-8.93)	NS
	EG2	47.66	8.37	45.79	7.19	1.87	(-0.22-3.96)	NS	EG1 vs EG2	1.64	(-4.36-7.65)	NS
Levator hiatus at Valsalva (mm)	CG	45.64	6.01	45.89	5.55	-0.25	(-2.57-2.06)	NS	CG vs EG1	1.62	(-4.49-7.73)	NS
	EG1	47.34	7.56	47.51	5.20	-0.17	(-3.58-3.25)	NS	CG vs EG2	2.73	(-3.17-8.63)	NS
	EG2	50.31	7.28	48.62	6.47	1.69*	(0.17-3.20)	0.3	EG1 vs EG2	1.11	(-4.65-6.87)	NS
Ano-rectal angle at REST (°)	CG	128.27	11.92	133.54	9.82	-5.28	(-15.05-4.50)	NS	CG vs EG1	1.38	(-7.70-10.47)	NS
	EG1	128.18	5.84	132.16	6.67	-3.98	(-9.71-1.76)	NS	CG vs EG2	3.04	(-5.71-11.80)	NS
	EG2	131.39	12.90	130.50	9.58	0.89	(-4.88-3.67)	NS	EG1 vs EG2	1.66	(-7.10-10.41)	NS
Ano-rectal angle at MVC (°)	CG	109.28	14.14	114.75	17.66	-5.47	(-17.81-6.88)	NS	CG vs EG1	0.20	(-13.17-13.57)	NS
	EG1	116.90	13.97	114.55	12.41	2.35	(-7.69-12.39)	NS	CG vs EG2	6.51	(-6.38-19.39)	NS
	EG2	122.97	13.49	121.26	7.91	1.71	(-4.80-8.23)	NS	EG1 vs EG2	6.71	(-19.59-6.18)	NS

Ano-rectal angle at Valsalva ^(o)	CG	120.09	21.06	120.89	17.59	-0.80	(-9.63-8.03)	NS	CG vs EG1	1.85	(-12.53-16.23)	NS
	EG1	117.13	10.80	119.04	14.11	-1.92	(-11.17-7.34)	NS	CG vs EG2	3.50	(-10.38-17.38)	NS
	EG2	123.07	13.88	124.39	9.10	-1.32	(-9.85-7.21)	NS	EG1 vs EG2	5.35	(-8.20-18.90)	NS
Pubo-urethral angle at REST ^(o)	CG	109.66	16.42	113.59	14.84	-3.93	(-13.06-5.29)	NS	CG vs EG1	11.46	(-7.60-27.80)	NS
	EG1	101.72	12.84	102.13	12.85	-0.42	(-3.85-3.02)	NS	CG vs EG2	5.60	(-12.90-22.40)	NS
	EG2	110.50	17.29	107.99	17.13	2.51	(-2.04-7.07)	NS	EG1 vs EG2	5.85	(-9.49-21.20)	NS
Pubo-urethral angle at MVC ^(o)	CG	92.37	16.00	185.74	266.22	-93.38	(-299.92-113.17)	NS	CG vs EG1	26.61	(-193.08-233.12)	NS
	EG1	93.57	13.06	159.13	241.77	-65.57	(-220.59-89.45)	NS	CG vs EG2	87.51	(-125.32-287.15)	NS
	EG2	103.43	19.42	98.24	15.91	5.19*	(0.84-9.54)	0.3	EG1 vs EG2	60.90	(-130.37-252.10)	NS
Pubo-urethral angle at Valsalva ^(o)	CG	103.13	9.64	101.90	7.97	1.22	(-5.10-7.55)	NS	CG vs EG1	8.98	(-12.26-21.26)	NS
	EG1	95.61	11.36	92.92	9.57	2.69	(1.04-6.42)	NS	CG vs EG2	0.24	(-11.52-13.00)	NS
	EG2	101.59	18.87	102.14	17.29	-0.54	(-6.67-5.59)	NS	EG1 vs EG2	9.22	(-4.38-22.81)	NS