

**Supplementary Material Table S1.** Search strategy by databases.

DATABASE	SEARCH STRATEGY
<p><b>Common to all databases (except Dialnet)</b></p>	<ul style="list-style-type: none"> <li>- Pelvic floor and assessment and educative intervention</li> <li>- Pelvic floor and awareness and education</li> <li>- Pelvic floor and awareness and educative intervention</li> <li>- Pelvic floor muscle and proprioception</li> <li>- Pelvic floor muscle contraction and awareness and education</li> <li>- Pelvic floor muscle contraction and awareness and educative intervention</li> <li>- (pelvic floor muscle or pelvic floor muscle contraction) and (perception or proprioception or awareness or self-perception) and female and physiotherapy</li> </ul>
<p><b>PubMed</b></p>	<ul style="list-style-type: none"> <li>- Pelvic floor and awareness and education and intervention</li> <li>- Pelvic floor and proprioception</li> <li>- Pelvic floor and proprioception and education</li> <li>- Pelvic floor muscle and awareness</li> <li>- Pelvic floor muscle and perception</li> <li>- Pelvic floor muscle and self-perception</li> <li>- Pelvic floor muscle contraction and assessment and education</li> <li>- Pelvic floor muscle contraction and awareness and education and intervention</li> <li>- Pelvic floor muscle contraction and awareness and educative program</li> <li>- Pelvic floor muscle contraction and proprioception and education</li> <li>- Pelvic floor muscle contraction and proprioception and education and intervention</li> </ul>

DATABASE	SEARCH STRATEGY
<p><b>Cochrane Library</b></p>	<ul style="list-style-type: none"> <li>- Pelvic floor and awareness and education and intervention</li> <li>- Pelvic floor and proprioception and education</li> <li>- Pelvic floor muscle and awareness</li> <li>- Pelvic floor muscle and perception</li> <li>- Pelvic floor muscle contraction and assessment and education</li> <li>- Pelvic floor muscle contraction and assessment and physiotherapy</li> <li>- Pelvic floor muscle contraction and awareness and education and intervention</li> <li>- Pelvic floor muscle contraction and awareness and educative program</li> <li>- Pelvic floor muscle contraction and proprioception</li> <li>- Pelvic floor muscle contraction and proprioception and education</li> <li>- Pelvic floor muscle contraction and proprioception and education and intervention</li> </ul>

DATABASE	SEARCH STRATEGY
PEDro	<ul style="list-style-type: none"> <li>- Pelvic floor and proprioception</li> <li>- Pelvic floor muscle and awareness</li> <li>- Pelvic floor muscle and contraction</li> <li>- Pelvic floor muscle and contraction and awareness</li> <li>- Pelvic floor muscle and motor control</li> <li>- Pelvic floor muscle contraction and awareness and educative program</li> <li>- Pelvic floor muscle contraction and awareness and educative programme</li> <li>- Pelvic floor muscle contraction and education</li> <li>- Pelvic floor and awareness + therapy (behaviour modification) (advanced search)</li> <li>- Pelvic floor and awareness + therapy (education) (advanced search)</li> <li>- Pelvic floor and awareness + therapy (health promotion) (advanced search)</li> <li>- Pelvic floor and awareness and intervention + therapy (education) (advanced search)</li> <li>- Pelvic floor muscle contraction and assessment + therapy (education) (advanced search)</li> <li>- Pelvic floor muscle contraction and awareness and intervention + therapy (education) (advanced search)</li> <li>- Pelvic floor muscle contraction and proprioception + therapy (education) (advanced search)</li> <li>- Pelvic floor muscle contraction and proprioception and intervention + therapy (education) (advanced search)</li> </ul>

DATABASE	SEARCH STRATEGY
<p><b>Scopus</b></p>	<ul style="list-style-type: none"> <li>- Pelvic floor and awareness and education and intervention</li> <li>- Pelvic floor and proprioception</li> <li>- Pelvic floor muscle and awareness</li> <li>- Pelvic floor muscle and contraction and proprioception</li> <li>- Pelvic floor muscle and perception</li> <li>- Pelvic floor muscle and perception and physiotherapy</li> <li>- Pelvic floor muscle contraction and assessment and education</li> <li>- Pelvic floor muscle contraction and awareness and education and intervention</li> <li>- Pelvic floor muscle contraction and awareness and educative program</li> <li>- Pelvic floor muscle contraction and awareness and educative programme</li> <li>- Pelvic floor muscle contraction and perception</li> <li>- Pelvic floor muscle contraction and perception and physiotherapy</li> <li>- Pelvic floor muscle contraction and proprioception and education</li> <li>- Pelvic floor muscle contraction and proprioception and education and intervention</li> </ul>

DATABASE	SEARCH STRATEGY
Web of Science	<ul style="list-style-type: none"> <li>- Pelvic floor and awareness and education and intervention</li> <li>- Pelvic floor muscle and awareness + rehabilitation</li> <li>- Pelvic floor muscle and perception and physiotherapy</li> <li>- Pelvic floor muscle contraction and assessment</li> <li>- Pelvic floor muscle contraction and assessment and education</li> <li>- Pelvic floor muscle contraction and assessment and physiotherapy</li> <li>- Pelvic floor muscle contraction and awareness and education and intervention</li> <li>- Pelvic floor muscle contraction and awareness and educative program or educative programme + analyse results + rehabilitation + health care science service</li> <li>- Pelvic floor muscle contraction and awareness and educative program or educative programme + analyse results + rehabilitation + health care science service + nursing</li> <li>- Pelvic floor muscle contraction and proprioception and education</li> <li>- Pelvic floor muscle contraction and proprioception and education and intervention</li> <li>- Pelvic floor muscle contraction and (awareness or proprioception or perception) and female and physiotherapy</li> </ul>

DATABASE	SEARCH STRATEGY
<b>Dialnet</b>	<ul style="list-style-type: none"> <li>- Contracción and suelo pélvico and concienciación/conciencia and educación</li> <li>- Contracción and suelo pélvico and concienciación/conciencia and educación and intervención</li> <li>- Contracción and suelo pélvico and concienciación/conciencia and programa educativo</li> <li>- Contracción and suelo pélvico and evaluación/valoración and educación</li> <li>- Contracción and suelo pélvico and propiocepción and educación</li> <li>- Contracción and suelo pélvico and propiocepción and educación and intervención</li> <li>- Contracción      musculatura      suelo      pélvico      and concienciación/conciencia and educación</li> <li>- Contracción      musculatura      suelo      pélvico      and concienciación/conciencia and intervención educativa</li> <li>- Suelo pélvico and concienciación/conciencia and educación</li> <li>- Suelo pélvico and concienciación/conciencia and educación and intervención</li> <li>- Suelo pélvico and concienciación/conciencia and intervención educativa</li> <li>- Suelo pélvico and evaluación and intervención educativa</li> <li>- Suelo pélvico and musculatura and concienciación</li> <li>- Suelo pélvico and musculatura and contracción and concienciación</li> <li>- Suelo pélvico and musculatura and contracción and propiocepción</li> <li>- Suelo pélvico and musculatura and control motor</li> <li>- Suelo pélvico and musculatura and percepción</li> <li>- Suelo pélvico and musculatura and propiocepción</li> <li>- Suelo pélvico and valoración and intervención educativa</li> <li>- (musculatura suelo pélvico or contracción musculatura suelo pélvico) and (percepción or propiocepción or autopercepción) and mujer and fisioterapia</li> </ul>

DATABASE	SEARCH STRATEGY
<p><b>Lilacs</b></p>	<ul style="list-style-type: none"> <li>- Pelvic floor and awareness and education and intervention</li> <li>- Pelvic floor and perception</li> <li>- Pelvic floor and proprioception</li> <li>- Pelvic floor muscle and awareness</li> <li>- Pelvic floor muscle and contraction and perception</li> <li>- Pelvic floor muscle and perception</li> <li>- Pelvic floor muscle contraction and assessment and education</li> <li>- Pelvic floor muscle contraction and awareness</li> <li>- Pelvic floor muscle contraction and awareness and education and intervention</li> <li>- Pelvic floor muscle contraction and awareness and educative program</li> <li>- Pelvic floor muscle contraction and awareness and educative programme</li> <li>- Pelvic floor muscle contraction and perception</li> <li>- Pelvic floor muscle contraction and proprioception and education</li> <li>- Pelvic floor muscle contraction and proprioception and education and intervention</li> </ul>

**Supplementary Material Table S2.** Methodological quality analysis of clinical trials measured on the PEDro scale

PEDro items	1	2	3	4	5	6	7	8	9	10	11	TOTAL SCORE /10
<b>Mørkved, S. <i>et al.</i><sup>17</sup></b>	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	9/10
<b>Sampselle, C.M. <i>et al.</i><sup>18</sup></b>	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes	No	5/10
<b>Aliaga-Martínez, F. <i>et al.</i><sup>20</sup></b>	Yes	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes	5/10



**Supplementary Material Table S3.** Methodological quality analysis of no-randomised studies measured on the NOS scale.

		Talas z, H. <i>et al.</i> <sup>19</sup>	Hend erson, J.W. <i>et al.</i> <sup>21</sup>	Verm andel, A. <i>et</i> <i>al.</i> <sup>22</sup>	Uechi , N. <i>et</i> <i>al.</i> <sup>23</sup>
<b>Selection</b>	Representativeness of the sample	*	*	*	*
	Sample Size	No	No	No	*
	Ascertainment of the exposure (disease)	*	**	**	**
	Non-respondents	No	No	No	No
<b>Comparability</b>	The subjects in different outcome groups are comparable, based on the study design or analysis. Confounding factors are controlled for.	*	*	*	*
<b>Outcome</b>	Assessment of the outcome	**	**	**	**
	Statistical test	*	*	*	*
<b>TOTAL SCORE: /10</b>		<b>6</b>	<b>8</b>	<b>7</b>	<b>8</b>

or \*\*: identification of high quality choices. Some sections have a maximum score of one \* and others of \*\*