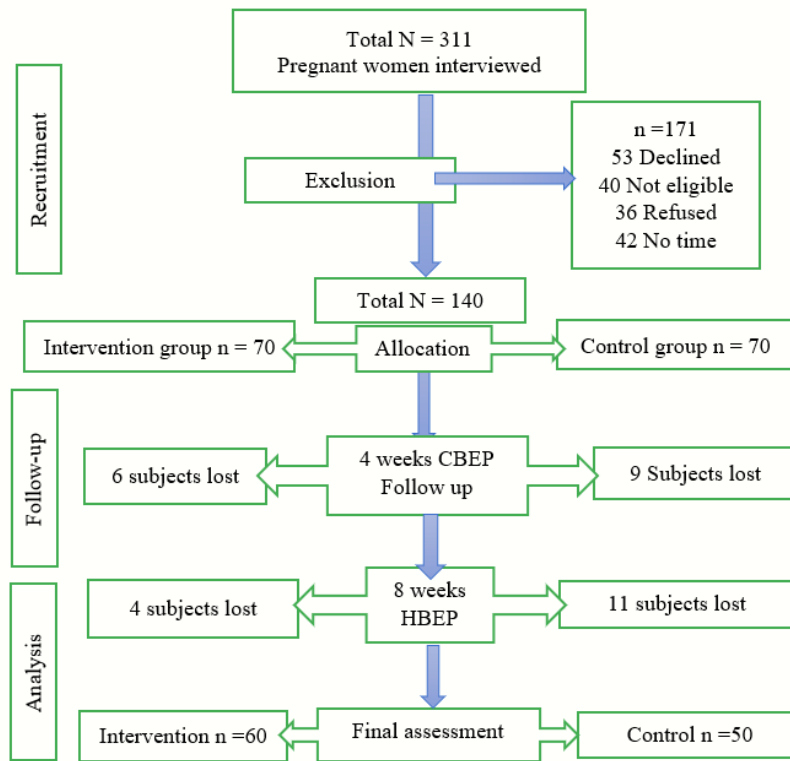


Participants flow chart



1. Baseline characteristics

General Characteristic	Control (n=50)	Exercise (n=60)	P-value
	Count (%)	Count (%)	
Age (Year)			0.414 ^a
20 - 30	34 (68.0)	44 (73.3)	
31 - 41	16 (32.0)	16 (26.7)	
Mean (SD)	27.76 (4.73)	28.13 (4.76)	
Min to Max	19 - 38	20 - 40	
Education level			0.248 ^b
Primary	7.0 (14.0)	8.0 (13.3)	
Secondary	14 (24.0)	10 (16.7)	
University	29 (58.0)	42 (70.0)	
Occupation			0.514 ^c
House-Wife	37 (74.0)	41 (68.3)	
Working	13 (26.0)	19 (31.7)	
BMI before being pregnant			0.216 ^a
<18.5	0.0 (0.0)	2.0 (3.3)	
18.5 - 24.5	20 (40.0)	31 (51.7)	
25 - 30	27 (54.0)	23 (38.3)	
≥31	3.0 (6.0)	4.0 (6.7)	
Mean (SD)	25.4 (3.40)	24.6 (3.40)	
Min to Max	18 - 33	17 - 33	
Gestation age (Week)			0.949 ^a
14 - 20	16 (32.0)	20 (33.3)	
21 - 25	16 (32.0)	17 (28.4)	
26 -30	18 (36.0)	23 (38.3)	
Mean (SD)	23.28 (4.036)	23.33 (4.61)	
Min to Max	14 to 30	14 to 30	
Have you done any exercise before being pregnant?			0.007 ^{c*}
Yes	7 (14.0)	22 (36.7)	
No	43 (86.0)	38 (63.3)	
Have you done any exercise before engagement in the present study?			0.853 ^c
Yes	2 (4.0)	2 (3.3)	
No	48 (96.0)	58 (96.7)	
A family history related to LBP			0.993 ^c
None	15 (30.0)	18 (30.0)	
Parent	7 (14.0)	9 (15.0)	
Mother	24 (48.0)	29 (48.3)	
Father	4 (8.0)	4 (6.7)	

a: independent sample t test, b: Mann Whitney u test, c: chi-square test, *: Significant difference

2. Baseline Obstetric Characteristics

Obstetric History	Control (N=50)	Exercise (N=60)	P-value*
	Frequency (%)	Frequency (%)	
Gravidity			0.667 ^c
Primipara	18 (36.0)	24 (40.0)	
Multi & Grand Multi	32 (64.0)	36 (60.0)	
Parity			0.834 ^c
Primipara	24 (48.0)	30 (50.0)	
Multipara	26 (52.0)	30 (50.0)	
Abortion			0.904 ^c
None	37 (74.0)	45 (75.0)	
Have abortion	13 (26.0)	15 (25.0)	
Number of normal vaginal delivery			0.412 ^c
None	40 (80.0)	44 (73.3)	
NVD	10 (20.0)	16 (26.6)	
Number of Cesarean sections			0.390 ^c
0.0	32 (64.0)	43 (71.7)	
≥1	18 (36.0)	17 (28.3)	
Gestation age on admission (Week)			0.949 ^a
Min to Max	14 th - 30 th	14 th - 30 th	
Mean (SD)	23.28 (4.04)	23.3 (4.62)	
Gestational age at the end of the course (Week)			0.754 ^a
Min to Max	28 th – 38 th	28 th – 38 th	
Mean (SD)	34.46 (3.11)	34.65(3.21)	

a: independent sample t test, c: chi-square test,

Outcome measures:

1. The primary outcome is about the changes in (Pain intensity) among both groups

Pain Score	Control					Exercise					Control and Exercise	
	Pre		Post			Pre		Post			Pre	Post
	Count	%	Count	%	P-value	Count	%	Count	%	P-value	P-value	P-value
0	0	0	0	0	0.165 ^a	0	0	8	13.3	<0.001 ^{a*}	0.211 ^b	<0.001 ^{b*}
1	0	0	0	0		0	0	9	15			
2	0	0	0	0		0	0	11	18.3			
3	0	0	0	0		0	0	15	25			
4	0	0	1	2		0	0	7	11.7			
5	0	0	1	2		0	0	5	8.3			
6	0	0	2	4		2	3.3	4	6.7			
7	8	16	7	14		5	8.3	1	1.7			
8	21	42	14	28		22	36.7	0	0			
9	7	14	15	30		6	10	0	0			
10	14	28	10	20		25	41.7	0	0			
Median	8		8.5			9		3				
Total	50	100	50	100	60	100	60	100				

a: Wilcoxon signed rank test, b: Mann Whitney u test, *: Significant difference

2. Pain characteristics

Characteristics of pain	Control (n = 50)	Exercise (n = 60)	P-value*
Quality of the pain	No. (%)	No. (%)	
Burning	4.0 (8.0)	2 (3.3)	0.227
Tightness	17 (34.0)	27 (45.0)	
Stabbing	27 (54.0)	31 (51.7)	
Numbness	2.0 (4.0)	0.0 (0.0)	
Duration of the pain			
Continue	6.0 (12.0)	13 (21.7)	0.18
Intermittent	44 (88.0)	47 (78.3)	
Frequency of the pain			
Not related	2.0 (4.0)	1.0 (1.7)	0.13
Weekly	2.0 (4.0)	9.0 (15.0)	
Daily	46 (92.0)	50 (83.3)	
Most severe time			
No relation	7.0 (14.0)	8.0 (13.3)	0.728
Day	23 (46.0)	32 (53.3)	
Night	20 (40.0)	20 (33.3)	
Aggravated factors			
Physical activity with weight-bearing	26 (52.0)	28 (46.7)	0.349
Physical activity without weight-bearing	3.0 (6.0)	1.0 (1.7)	
Both in wt. bearing and non-wt. bearing	21 (42.0)	31 (51.7)	
Alleviating factors			
Rest	17 (34.0)	26 (43.3)	0.535
Special position	3.0 (6.0)	2.0 (3.3)	
Combination (rest and massage)	30 (60.0)	32 (53.3)	
Source of pain			
Lumbar pain	1.0 (2.0)	4.0 (6.7)	0.158
Pelvic girdle pain	35 (70.0)	32 (53.3)	
Lumbopelvic pain	14 (28.0)	24 (40.0)	

*Chi-square test

3. The secondary outcome is about the (Physical disfunction) that was changed after intervention.

Group	Total PMI scale (%)	P-value Pre/Post Control
Pre-MPMI/ Control	30.60	0.047 ^{b*}
Post-MPMI/ Control	34.26	
		P-value Pre/Post Exercise
Pre-MPMI/ Exercise	34.01	< 0.001 ^{b*}
Post-MPMI/ Exercise	26.45	
		P-value (pre) both group
Pre-MPMI/ Control	30.60	0.072 ^a
Pre-MPMI/ Exercise	34.01	
		P-value (post) both group
Post-MPMI/ Control	34.26	< 0.001 ^{a*}
Post-MPMI/ Exercise	26.45	

Modified Pregnancy Mobility Index (MPMI) a: Mann Whitney u test,

b: Wilcoxon signed rank test, *: Significant difference

Relative risk	Calculation	Estimated Risk (C.I)
RR of high pain score (in exercise)	0.083	0.087 (0.03-0.20)
	0.96	
RR of high pain score (in control)	0.96	11.52 (4.97-26.7)
	0.083	

RR: relative risk

Adverse events

No serious adverse event was associated with performing therapeutic exercise by the participants (pregnant women).