Figure 1: Flow-chart. The term “lost to follow-up” designated women who didn’t participate in any subsequent assessments. Women absent for one assessment but who completed one of the following assessments were not considered as having dropped out at this point.

Pregnant women enrolled (n=282)

Allocation
- Physiotherapy group: supervised pelvic floor muscle training (n=140)
- Control group: written instructions only (n=142)

Follow-up
- Lost to follow-up (n=16)
- Absent (n=12)
- End pregnancy assessment completed (n=112)
- Lost to follow-up (n=18)
- Absent (n=12)
- End pregnancy assessment completed (n=112)
- Absent (n=12)
- End pregnancy assessment completed (n=112)

Absent
- (n=15)
- (n=25)
- 2 months postpartum assessment completed (n=105)
- 2 months postpartum assessment completed (n=107)
- 2 months postpartum assessment completed (n=107)
- Absent (n=12)
- Lost to follow-up (n=22)

Lost to follow-up
- (n=4)
- (n=5)
- (n=25)
- (n=25)
- (n=25)
- (n=25)

12 months postpartum assessment completed (n=95)
12 months postpartum assessment completed (n=97)

Analysis (primary outcome)
- Outcome missing (n=2)
- Primary outcome available (n=93)
- Primary outcome available (n=97)