**Online supplement**

**1) Additional results**

*Study characteristics*

Randomized controlled trials (RCTs)

There were 23 randomized controlled trials (RCTs; n=3,468) including 13 exercise-only interventions (1-13) and 10 exercise + co-interventions which consisted of education on pregnancy-related topics, including the role of pelvic floor muscles in pregnancy and post-partum, anatomical and physiological changes occurring during pregnancy, nutrition, non-pharmacological pain prevention and management strategies, labor, and ergonomics (14-23). One study focused on women who were obese (using the author’s definition BMI≥ 30.0) (4) and one focused on women who were suffering from depression (as diagnosed with the Structured Clinical Interview for Depression) (1). The interventions included yoga (1, 2, 10), aerobic exercise (3, 9, 18), general muscle strengthening (11) or muscle strengthening specific to one body region (13, 15, 16, 20, 22) and the combination of aerobic and resistance training (4-8, 12, 14, 17, 19, 21, 23). Fifteen of these studies involved exercise supervision by a member of the study team at least once every two weeks (1-3, 5-12, 14, 16, 19, 24), in six the intervention was both supervised and self-reported (4, 13, 15, 21-23) and women were encouraged to perform exercise on their own in two of them (17, 18).

Non-Randomized Interventions

The five non-randomized exercise interventions reported on 278 pregnant participants including two exercise-only interventions (25, 26) and three exercise + co-interventions which consisted of education on pregnancy-related topics including anatomical and physiological changes occurring during pregnancy and possible associated musculoskeletal disorders, ergonomics, nutrition, pain management strategies and labor (24, 27, 28). One trial had a general muscle strengthening intervention (27), two focused on specific muscle strengthening (26, 28) and two used a combination of aerobic and resistance training regimens (24, 25). Three of the interventions were regularly supervised (24, 25, 28), one was both supervised and self-reported (26), and one was not supervised (27).

Observational studies

There were three cohort studies included in our analysis with 4,163 pregnant participants (29-31), and one case-control study with 5,304 pregnant participants (32).

Exercise was assessed using self-reported data and questionnaires. The tools used to assess the outcomes included: Visual Analogue Scale, Numerical Rating Scale, Pain diagram or drawing, pain subscale of the Brief Pain Inventory, Roland-Morris Low Back Pain and Disability Questionnaire, and modified versions of the Quebec Back Pain Disability Scale.

**Results for non-randomized interventions and observational studies**

Note: The results from RCTs are in the manuscript.

Odds of Low back pain (LBP), pelvic girdle pain (PGP) and lumbopelvic pain (LBPP) during pregnancy

Findings from one non-randomized exercise-only intervention (“very low” quality evidence, downgraded due to very serious risk of bias and serious inconsistency) were consistent with the findings from RCTs (Online supplement Figure 4) (25).

In contrast, there was “very low” quality evidence (downgraded due to serious inconsistency) from one cohort study that could only be reported narratively (incomplete reporting of data) showing that prenatal exercise reduced the odds of LBP in late pregnancy (32 weeks) when exercise was performed once to twice per week (OR: 0.80, 95% CI 0.66, 0.97) compared to once a week or less (Online Supplement Table 1) (30).

There was “very low” quality evidence (downgraded due to very serious risk of bias, and serious inconsistency) from two cohort studies reporting on the association of exercise-only intervention and the odds of maternal PGP. Results from one study revealed that prenatal exercise did not lower the odds of PGP during pregnancy (n=343; OR: 1.66, 95% CI 0.99, 2.78; Online supplement figure 5) (31). However, the cohort study by Gjestland et al., that could not be entered in the meta-analysis (see above) reported decreased odds of PGP in late pregnancy (32 weeks) when exercise was performed at least three times per week (OR: 0.76, 95% CI 0.61, 0.96) compared to once a week or less (Online Supplement Table 1) (6).

Severity of symptoms for LBP, PGP and LBPP during pregnancy

Findings from non-randomized interventions (24, 26-28) were consistent with findings from exercise-only RCTs. There was “very low” quality evidence from one non-randomized exercise-only intervention (downgraded due to serious risk of bias, and serious inconsistency) showing a decrease in the severity of LBP during pregnancy with prenatal exercise compared to no exercise (n=89; MD: -9.57 [large effect size], 95% CI -11.30, -7.84; Online supplement Figure 6) (26). Similarly, there was “very low” quality evidence (downgraded due to very serious risk of bias, serious inconsistency, and serious indirectness) from three non-randomized exercise + co-interventions showing that prenatal exercise decreased the severity of LBP during pregnancy (pooled estimated based on 1 study, n=56; MD: -1.46 [large effect size], 95% CI -2.70, -0.22, see online supplement Figure 7) (27). The other two non-randomized exercise + co-interventions that could not be included in the meta-analysis (due to absence of a no-exercise control group or incomplete reporting of data) supported this result (Online Supplement Table 1) (24, 28). Specifically, Beyaz et al. reported that at least 30-minute of aerobics three times per week (intervention group, n=15) from the second trimester until the 37th week of pregnancy decreased LBP intensity (p<.001) compared to no exercise (control group, n=21) (24). Similarly, Singh et al. reported that two short education and exercise demonstration sessions aimed to correct and improve posture decreased LBP intensity after a 3-week intervention period (n=15; mean scores difference -2.7/10, p<0.05) (28).

In contrast, there was “very low” quality evidence (downgraded due to serious risk of bias and serious inconsistency) from a single cohort study that could only be reported narratively (incomplete reporting of data), showing that performing regular exercise in the 3rd trimester was not predictive of changes in average LBP severity during pregnancy (Mann-Whitney U -1.37 p>0.05) (29).

Odds of Low back pain, pelvic girdle pain and lumbopelvic pain during the postpartum period

Additional data from one non-randomized intervention supported this finding with “very low” quality evidence (downgraded for very serious risk of bias, and serious inconsistency) showing that the exercise-only intervention did not affect the odds of LBP during the postpartum period (n=65; OR: 1.30 95% CI 0.34, 4.97; Online supplement Figure 9) (25).

In contrast, there was “very low’ quality evidence (downgraded for very serious risk of bias and serious inconsistency) from one case-control study (reported narratively) showing that being physically active during pregnancy decreased the odds of PGP at 6 months postpartum (n=5304; OR: 0.87 95% CI 0.77-0.99 p=0.028) (32).

**2) Supplementary Tables**

Supplemental Table 1. Study Characteristics

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcome** | **Author, year, country, study type** | **Sample Size (n)** | **Age, years** | **Complications/ Pre PA** | **PA Assessment** | | | | | **Results** |
| **Self-Reported/Objective and Total PA/LTPA** | **Definition PA groups** | **Frequency**  **Intensity**  **Duration**  **Type** | **co-intervention** | **Compliance** |
| LBP | Suputtitada et al., 2002, Thailand, RCT(13) | E: 32 C: 35 | Not reported | Not regularly exercising (<1x/week) | Self-reported LTPA | Do pelvic tilt exercise 2x/day (morning and evening), 5x/week for 8 weeks during the 3rd trimester. | 2x/day  5x/week,  Intensity and duration not reported,  Sitting pelvic tilt exercise | - | Not reported | Data in forest plot |
| LBP | Garshasbi et al., 2005,  Iran,  RCT(5) | E: 107  C: 105 | All participants: 26 | - | Objective, LTPA | The supervised exercise programs included 15 movements in 60 min. These movements were: 5 minutes of slow walking, 5 minutes of extension movements, and 10 minutes of general warming up, 15 minutes of anaerobic exercise, 20 minutes of specific exercise and 5 minutes return to the first position. The exercises were recommended by Tarbiat Modares Faculty of Sport and tested for pregnant women by physiotherapists. The women were offered to exercise three times a week. A midwife supervised all women. The intensity of the exercise was controlled by maternal pulse rate. For pulse rates exceeding 140 per minute, the exercise stopped. Every woman who missed three sessions was excluded from the study. Total of 12 weeks during the 2nd and beginning of the  3rd trimester of pregnancy | 3x/week  HR </= 140bpm  60 minutes  Combination of walking, specific exercise, and anaerobic exercise | - | E: 66.5% (missed 3 sessions = excluded)  C: 100% (no drop out) | Data in forest plot |
| LBP | Sedaghati et al.,  2007  Iran  RCT(12) | E: 50  C: 50 | E: 23.3 ± 2.5  C: 23.3 ± 4.2 | - | Objective, LTPA | The supervised program was scheduled with the aim of strengthening of the abdominal muscles, hamstrings muscles and increasing the traction of iliopsoas and paravertebral muscles on an aerobic basis. The exercise programs included 15 minutes warm up and cool down plus 30 minutes cycling in the range of 55-65% of the maximal HR with respect to the age. The warm up consisted of 5 minutes extension movements, 5 minutes slow cycling and cool down (return to the first condition) consisted of 5 minutes extension movements. Cycling exercise used as a protocol for the study is defined as 30 minutes of cycling exercise, three sessions a week at a moderate intensity. Moderate intensity exercise requires the following criteria: 1) Maximum heart rate (HRmax) between 55-69%; 2) VO2peak between 50% -74%; and 3) the Rating of Perceived Exhaustion (RPE) as either 12 or 13. The study uses HR to define moderate intensity. The target HR (HRmax between 55–65%) is determined based on Karvonen’s formula. The intensity of the exercise was measured using a Polar S810 Heart Rate Monitor (Polar co, Denmark). During the running of the whole program the supervision is accomplished by a midwife. Also every woman missing three sessions of the exercise was excluded from the study. The intervention took place during the 2nd and beginning of the  3rd trimester of pregnancy | 3x/week  55-65% HRmax  45 minutes  Cycle Ergometer - aerobic | - | 100% Attendance - women missing 3 sessions were excluded | Data in forest plot |
| LBP | Field et al.,  2012  USA  RCT(2) | E: 28  C: 28 | All participants: 26.6 | - | Objective, LTPA | The supervised yoga and massage sessions began after group assignment at approximately 20 weeks gestation and continued for 12 weeks until 32 weeks gestation when the second assessment was made. For the yoga sessions, a trained yoga instructor provided a 20-minute yoga routine that was designed especially for second and third trimester pregnant women with consultation from our OB/GYN collaborator. | Frequency and intensity not reported,  20 minutes  Yoga | - | 82% | Data in forest plot |
| LBPP | Stafne et al.,  2012 Norway  RCT(23) | E: 429  C: 426 | E: 30.5 ± 4.4  C: 30.4 ± 4.3 | E: 34% reported no exercise at time of inclusion;  14% (n=60) said exercise regularly at least 3x/week at study entry  C: 12% (n=50) said exercise regularly at least 3x/week at study entry | Objective, LTPA | Women in the intervention group received a standardized exercise program including aerobic activity, strength training, and balance exercises. Training sessions of 60 minutes in groups of 8 –15 women instructed by a physiotherapist were offered once per week over a period of 12 weeks (between 20 and 36 gestation weeks).Each group session consisted of three parts. The first included 30 –35 minutes of low-impact aerobics (no running or jumping). Step length and body rotations were reduced to a minimum, and crossing of legs and sharp and sudden changes of position were avoided. The aerobic dance program was performed at moderate intensity, defined as 13 and 14 on the Borg rating scale of perceived exertion. The second included 20 –25 minutes of strength exercises using body weight as resistance, including exercises for the upper and lower limbs, back extensors, deep abdominal muscles, and pelvic floor muscles. Three sets of 10 repetitions of each exercise were performed. The third included 5–10 minutes of light stretching, body awareness, breathing, and relaxation exercises. In addition, women were encouraged to follow a written 45-minute home exercise program at least twice per week (30 minutes of endurance training and 15 minutes of strength and balance exercises). Adherence to the protocol was defined as exercising 3 days per week or more at moderate to high intensity. Performing the exercise program was strongly emphasized and recorded in the women’s personal training diaries and through reports from the physiotherapists leading the training groups. | 1x/week  Borg: 13-14  60 minutes  Combination: aerobic, strength training and balance exercises | Education (written  information and recommendations on pelvic floor muscle  exercises, diet and pregnancy-related LBPP) | E: 55% of women followed recommended exercise protocol. 95% reported weekly PFMT at follow-up; C:10% in control group exercised 3 days per week or more at moderate to high intensity at follow-up. 79% reported weekly PFMT at follow-up | Data in forest plot |
| LBP  PGP | Miquelutti et al.,  2013 Brazil, RCT(18) | E: 97  C: 100 | E: 22.9 ± 4.6  C: 22.9 ± 5.1 | E: 25.8% practiced physical activity prior to pregnancy  C: 31% practiced physical activity prior to pregnancy | Self-reported,  LTPA | Women in the exercise group were encouraged to do 30 minutes of daily aerobic exercise, but they did not keep exercise logs to validate this. Attended a birth preparation program (50 minutes) on a monthly basis to 30 weeks, biweekly up to 36 weeks and weekly until delivery. Supervised sessions included PFMT and education. | 7x/week  moderate  210+ minutes/week  Pelvic Floor Training, Aerobics | Education: information was provided on the prevention of pain in pregnancy, the role of the pelvic floor in pregnancy, delivery and in the postpartum, the physiology of labor, breathing exercises for delivery, and non-pharmacological pain control techniques during labor. Women were also encouraged to practice aerobic exercise daily for at least 30 minutes and received written  information based on the ACOG guidelines | Not reported | Data in forest plot |
| LBP  PGP | Petrov Feiril et al.,  2015  Sweden, RCT(11) | E: 51  C: 41 | E: 30.8 ± 3.6  C: 30.6 ± 3.4 | Physically Active - IPAQ | Self-reported,  LTPA | The supervised intervention group practiced high-repetition, resistance training twice a week for 12 weeks (pregnancy weeks 14–25), performed using light barbells and weight plates, which was carried out while listening to music in a supervised (by the research coordinator) group exercise setting. The exercises were self-adjusted to each woman’s condition of pregnancy and performed at a self-estimated, moderate to vigorous intensity. Each session was 60 minutes long, including warm-up and wind-down. All major muscle groups were trained repeatedly (50–80 repetitions for each muscle group) during 3–5 minutes, including shorter breaks.  Control received a home based training program. | 2x/week  moderate-vigorous  60 minutes  High repetition resistance training | - | Attendance range was 67 to 100% | Data in forest plot |
| LBPP | Eggen et al.,  2012 Norway  RCT(14) | E: 129  C: 128 | E: 30.6 ± 4.8  C: 30.0 ± 4.8 | - | Objective,  LTPA | They received supervised exercises, including ergonomic advice, in groups and were advised to do home exercises. Each weekly group exercise session lasted 60 minutes, and the groups trained for 16 to 20 weeks (between gestation weeks 16 and 36). Each group training session started with 20 to 30 minutes of aerobic activity, including stepping, walking, or light jogging on a BOSU balance ball, accompanied by varied arm movements. Following the aerobic activity, the women performed knee bends, toe raises, and pelvic floor-muscle contractions in couples. Furthermore, the women performed 4 standardized exercises such as the “birddog,” the “buttock lift,” leaning forward with the arms against a wall or in ropes, and sitting on a Swiss ball with or without the feet on the floor.  Control received standard care. | 1x/week  Intensity not reported  60 minutes  Pelvic floor training, aerobics, stretching, joint mobilization, relaxation exercise | Education: ergonomic - received information about normal changes in pregnancy,  ergonomic advice, and reminders about the importance of combining  physical activity with short breaks and optimal rest | Median #of session is 11 (25th-75th percentiles =5.5-14) | Data in forest plot |
| PGP | Kordi et al.,  2013  Iran  RCT(17) | E: 35  C: 35 | E: 26.5 ± 5.4  C: 25.5 ± 5.6 | - | Self-reported,  LTPA | Exercises were designed to strengthen the pelvic girdle muscles. The subjects in the exercise group were asked to perform the following exercise programs; 1) aerobic exercises: brisk walking with a medium intensity (was defined as 64 to 76% of maximum heart rate) for 25 minutes per day and 3 days per week. 2) Stretching exercises: performing hamstring, inner thigh, side waist, quadriceps and back stretch for 3 times per week. In this regards, the duration of each occasion was determined as 10 to 20 seconds and the patients were asked to perform the exercises 2 times per day while each of the mentioned exercises had to be repeated at least 3 to 5 times per each exercise bout. 3) Strengthening exercises: a program including forward bending, back pressing, diagonal curling, upper body bending, leg lift crawling along with Kegel exercise and pelvic tilt was given to the patients. The patients were asked to repeat each exercise (duration of each occasion was asked to be 3 to 10 seconds) 3 to 5 times per each exercise session for both sides of the body while performing 2 exercise bouts per day and 3 days per week. The intervention lasted 6 weeks (inclusion in the study between the 20th and 32th weeks of gestation).  Control group received general information about posture. | 3x/week  64-76%HRmax  25+ minutes  Aerobics, stretching, muscle conditioning | Information: received general information about the anatomy, body posture, and ergonomic advices regarding sitting, walking and lying. | Not reported | Data in forest plot |
| LBP | Kashanian et al.,  2009  Iran  RCT(8) | E: 15  C: 15 | E: 25.0 ± 3.4  C: 24.6 ± 3.0 | No regular exercise before entering the study | Objective,  LTPA | Supervised warm up: 4.5 minutes; Time: 21 minutes; Cool Down: 4.5 minutes; Prescribed Sessions: 24 (8weeks; 3x/week) | 3x/week  Intensity not reported  90 minutes/week  Walking- treadmill,  Walking- not treadmill  Resistance Training,  Stretching | - | Not reported - exclusion after three absences from the study program | Data in forest plot |
| LBP  PGP | Haakstad et al.,  2015  Norway RCT(7) | E: 52  C: 53 | E: 31.2 ± 3.7  C: 30.3 ± 4.4 | Pre-pregnancy exercise levels did not include participation in a structured exercise programme  >60 min once per week or brisk walking >120 min per week for the past 6 months | Objective,  LTPA | Supervised 12-week exercise programme (inclusion in the study between the 12th and 24th week of gestation) including 60 minutes of supervised aerobic dance performed at least twice a week. Each started with five min warm-up, followed by 35 minutes of aerobic dance, including cool-down. This was followed by 15 minutes of strength-training with a special focus on the deep abdominal stabilisation muscles, pelvic floor, and back muscles. The last 5 minutes were devoted to stretching, relaxation and body awareness exercises. The aerobic dance routine included low-impact exercises and step-training. In addition to joining the scheduled aerobic classes, all women in the exercise group were asked to have 30 minutes of moderate self-imposed physical activity on the remaining weekdays. They were advised to incorporate short bouts of activity into their daily schedules (e.g., walking instead of using the car for short distances and using the stairs instead of the elevator).  Control group maintained usual activity levels | 2+/week  Borg: 12-14  60 minutes  Aerobic dance | - | 14/52 women had 100% adherence, 40% attended 80% or more of the recommended sessions, 60% participated in less than 80% of recommended sessions. 16 women (31%) adhering to a minimum of 15 moderately intense exercise 3 to 5 times a week; based on registrations done by aerobic instructors | Data in forest plot |
| LBP | Nilsson-Wikmar et al.,  2005  Sweden  RCT(20) | E(home): 41  E(clinic): 37  C: 40 | E (home): 29.5 ± 3.3  E (clinic): 29.7 ± 5.4  C: 28.4 ± 3.9 | E(home):  no PA n=13; 1x/week n=16; 2x/week or more n=12  E(clinic):  no PA n=8; 1x/week n=15; 2x/week or more n=14  C: no PA n=10; 1x/week n=14; 2x/week or more n=16 | Self-reported,  LTPA | The Home Exercise Group included 41 women who received information and a sacroiliac belt as the Information Group, but in addition, they were given a home exercise program consisting of 3 exercises aiming to stabilize the muscles around the pelvic girdle. The exercises were performed with a ball between the knees in sitting, in standing, and in 4-point kneeling position with movements of the arms or the legs. The program was ended with stretching of the hamstrings, hip flexors, and calf muscles. The instructions about the program were given within 1 week after inclusion, and the women were followed up once shortly after receiving the program. The In Clinic (outpatient treatment) Exercise Group included 37 women who received information and a sacroiliac belt in the same way as the Information Group, but in addition participated in a training program comprised of 4 different strengthening and stabilization exercises with different pieces of equipment; the lateral pulls, standing leg press, sit-down rowing, and curl-ups. The adjustment of the load, number of sets, and repetitions was calculated based on 20 maximal repetitions and the exercises were carried out with the adjusted load for 3 series of 15 repetitions. For warm-up, biking on a stationary bike was used. The program was ended with stretching. The exercises were performed twice a week until gestation week 39 (inclusion in the study between the 8th and 35th week of gestation). A physical therapist gave the instructions twice, and thereafter the patient exercised alone, but with the ability to ask a physical therapist for further instructions or adjustments of the load. | 2x/week – clinic  Intensity and duration not reported  Strengthening and stabilizing exercises | Education + sacroiliac belt received information about the condition including anatomy, body posture, and ergonomic advice and were provided with a nonelastic sacroiliac belt. | Not reported | Data in forest plot |
| LBPP | Ozdemir et al.,  2015  Turkey RCT(21) | E: 48  C: 48 | E: 29.2 ± 5.4  C: 30.1 ± 4.3 | All women had pregnancy related lower back pain.  Not performing exercise for half an hour at least 3 days a week during pregnancy | Self-reported,  LTPA | The duration of the exercise program was 4 weeks (inclusion in the study between the 20th and 35th week of gestation). Participants were offered a choice of two types of exercise according to the weather conditions. The first option comprised exercises performed on a mattress, including stretching, tightening and loosening movements that targeted large muscle groups from the neck to the vertebrae. The nurse explained that the mattress exercises would start with a 5-minute warm up, continue for at least 15-20 minutes at mid-tempo and end with a 5-minute cool down. The second option was a walking exercise. The participants were expected to warm up for 5 minutes, increase their speed for 5 minutes, continue at mid-tempo for 15 minutes and complete a 5-minute cool down. It was emphasized that the pulse rate should be between 120-160/minutes when the participants reached mid-tempo;12 total sessions | 3x/week  120-160bpm  90 minutes/week  Walking- not treadmill,  Mattress exercises | Education: about the prevention of pregnancy related LBPP, the structure and function of the vertebrae,  physical changes occurring during pregnancy, causes of  pregnancy-related LBPP, the problems that the pain causes,  methods of pain management, correct posture development,  body mechanics during activities of daily life and ergonomics - The participants were given illustrated booklets explaining the effects of  pregnancy exercises on maternal and foetal health, situations that need attention before starting and during exercises, signs of danger, what should be done in potentially dangerous situations, how to breathe during exercise and the method, frequency and amount of the exercise. | All pregnant women attended and completed all 12 sessions for 30 minutes exercise programme | Data in forest plot |
| LBPP | Morkved et al., 2007, Norway, RCT(19) | E: 148  C: 153 | E: 28.0 ± 5.3  C: 26.9 ± 3.9 | - | Objective,  LTPA | They trained with a physical therapist in groups of 10-15 women for 60 minutes once per week for 12 weeks (between pregnancy weeks 20 and 36). Each session included: 15-20 minutes aerobic activity. Aerobic exercises included low impact aerobics (no running or jumping). Step length and body rotations were reduced to a minimum, and crossing of legs and sharp and sudden changes of position were avoided. The aerobic dance program was performed at moderate intensity, defined as 13 and 14 on Borg’s rating scale of perceived exertion; 30-35 minutes of exercises including 5 sets of specific strength training of the pelvic floor muscles exercises aiming at activation of dorsal and ventral muscle-tendon-fascia slings, specific low force contractions of the transversely oriented abdominal muscles, and exercises for the upper and lower limbs using body weight as resistance (e.g. push-ups in different positions and squatting). Three sets of ten repetitions of each exercise were performed; 5-10 minutes of light stretching, body awareness, and breathing and relaxation exercises. | 1x/week  Borg: 13-14  60 minutes  Pelvic Floor Training,  Stretching,  Aerobic Dance,Relaxation exercise,  Strength exercises,  Low impact aerobics,  relaxation | Education: women were given general advice related to ergonomics and daily life activities in pregnancy | 81% attended ≥ 6 group training sessions and performed 2 sets of 8-12 contractions of pelvic floor muscles per day over 12 weeks. Adherence to the training protocol was registered based on the women’s personal training diary and the reports from the physical therapists that led the group training | Data in forest plot |
| LBP | Peterson et al.,  2012, USA,  RCT(22) | E: 22  C-NET (Neuro emotional technique): 20  C-SMT (Spinal manipulative therapy): 15 | E: 28.7 ± 5.1  C-NET: 29.7 ± 5.5  C-SMT: 31.1 ± 4.2 | Exercise: 13/22 exercised daily or weekly.  C-NET: 13/20 exercised daily or weekly.  C-SMT: 9/15 exercised daily or weekly. | Self-reported,  LTPA | Exercise: Study visits once a month until 28 weeks; twice a month until 36 weeks, and weekly thereafter. Exercises: pelvic tilts, pelvic floor, gluteus maximus, latissimus dorsi, and hip adductor strengthening exercises; study participants could enter the study at any point in their pregnancy. Total number of exercise session not the same for every body  C-SMT: Participants in the SMT group were palpated to determine if each had intersegmental dysfunction prior to manipulating. Hypomobile joints were isolated through positioning, then a slow force was applied to preload the joint at the physiological end range. After loading the joint, a high velocity, low amplitude thrust was applied to the isolated joint to move it just past the physiological end range in the side posture position for lumbar and sacroiliac lesions.  C-NET: Neuro Emotional Technique (NET) is a chiropractic mind-body technique that combines desensitization procedures (such as relaxed breathing and visualization) with elements of Five Element Chinese medicine (such as the association of emotions with certain organs or meridians) and chiropractic medicine (the adjustment of the spinal levels that innervate the organ in question) in an attempt to address cognitive distortions through the use of a semantic algorithm | 5x/week  Intensity not reported  75 minutes/week  15 minutes/session  Pelvic Floor Training,  Pelvic tilt exercise, Strength exercises | Education: The booklet instructed exercise participants on recommendations for postural and movement patterns that help alleviate low back pain. Finally, warnings in the booklet about when to stop exercising were reviewed with the participant.  They were also instructed to apply ice. | 23%: Attendance at 8 study visits. But 62% of women who had more than 1 visit reported they did perform their exercise at least 5x/week | Narrative summary  *Roland Morris Disability questionnaire*  Exercise:  baseline - 10.7(4.9);  end - 6.1(5.9)  NET:  baseline - 9.3(3.7);  end - 5.7(4.7)  SMT:  baseline - 8.7(4.1);  end - 4.1(4.3)  *Numeric pain rating scale*  Exercise:  baseline - 3.9(1.5);  end - 2.4(1.8)  NET:  baseline - 3.2(1.4);  end - 2.4(1.6)  SMT:  baseline - 3.5(1.1);  end - 1.9(1.7) |
| LBP | Figueira et al.,  2014, Brazil, RCT(3) | E: 20  C: 20 | E: 24.9 ± 3.9  C: 25.9 ± 4.5 | - | Objective LTPA | Warm-up - dancing; stretching - each exercise repeated 10 times for 10 seconds; cool-down - relaxation exercises. 18 exercise sessions, twice per week (9 weeks of intervention, inclusion in the study between the 20th and 31th week of gestation).  The control groups C1 and C2 (n = 20) attended the service for a conventional treatment’s guidance for low back pain, where the adopted measures were: routine medical advice with medication prescription, resting orientation, counseling and postural guidelines for the treatment of LBP in the clinical prenatal care of the studied Governmental Health Unit. | 2x/week  Scale of Perceived Exertion in flexibility—PERFLEX (0-110): 65-75(prescribed); 72(6)(actual)  90 minutes/week  45 minutes/ session Stretching,  Aerobic Dance, Relaxation exercise | - | 100% compliance; 18/18 sessions attended | Data in forest plot |
| LBP | Foxcroft et al.,  2011, Australia, RCT(4) | E: 25  C: 25 | E: 30.5 ± 4.7  C: 30.0 ± 5.7 | Obesity  (BMI >30.0) | Self-reported,  Total PA | Intervention: individualized exercise program (between the 12th and 36th week of gestation) with an energy expenditure (EE) goal of 900 kcal/ week, individualized exercise program with an energy expenditure (EE) goal of 900 kcal/ week, Women scheduled for 6 face-to-face visits and on average attended 4 (66.7% attended): METh/week: measured at 36 weeks at end of intervention. Measured using the PPAQ | Frequency not reported  E: 9.6 METh/week  C: 2.8 METh/week  Prescribed  E: 900kcal/week  Duration not reported  Various | - | E: 73%: 16/22 met targets of >900 kcal per week at 28 weeks  C: 42%: 8/19 met targets of >900 kcal per week at 28 weeks | LBP - Roland-Morris Disability questionnaire:  Exercisers  12 weeks: 0(0-7); n: 16  36 weeks: 2 (0-24); n:14  Non-Exercisers  12 weeks: 1 (0-15); n: 32  36 weeks: 3 (0-19); n: 21 |
| LBPP | Kluge et al.,  2011, South Africa, RCT(16) | E: 26 C: 24 | E: 27 C: 29 | All women had low back pain at baseline.  Low Back Pain; E: 9 (34.6%) exercised before pregnancy; C: 14 (58.3%) exercised before pregnancy | Objective,  LTPA | Intervention: Women in the study group were also given a handout illustrating and explaining the exercise program. After the first formal exercise class, a training diary was provided in the study group for recording the goal of daily exercise at home. Formal follow-up classes were held every second week for 10 weeks. The exercise classes were led by a biokineticist (with experience in instruction of exercises among pregnant women) and the principal investigator, with classes lasting from 30 to 45 minutes. The 10-week intervention was divided into 3 stages to enable the difficulty of the exercises to increase progressively. (gest weeks at baseline: E: 20(16-24); C: 20(15-24)) | once every two weeks  Intensity not reported  30-45 minutes  Various | Education: In addition to verbal information on basic back care and posture during pregnancy, all participants were given an information pamphlet covering the topic, which included advice on correct posture while sitting and standing, lifting and carrying heavy objects, use of support pillows (especially while sleeping), and methods to turn around in bed or to get up from bed without exerting excessive strain on the lower back. | Compliance with the exercise program was not optimal, despite motivation by the principal investigator. The median number of times women in the study group exercised at home was 37 (range, 3–74 [there were 70 exercise days in the program; some women exercised more than once per day]) and the median number of exercise classes attended was 3 (range, 0–5 [maximum 5]). | Narrative summary  *Pain prevalence*  Baseline  Exercise:  LP: 19(73.1%);  PGP: 1(3.8%);  LP+PGP: 6(23.1%)  Control:  LP: 17(70.8%);  PGP: 2(8.3%);  LP+PGP: 5(20.8%)  *Pain Intensity*  Baseline  Exercise:  30.0(3-47)  Control:  31.0(9-54)  Post Intervention  Exercise:  18.5(0-40)  Control:  33.0(5-50) |
| LBPP | Martins et al.,  2014, Brazil, RCT(10) | E: 30 C: 30 | E: median 26, IQR 24, 30 C: median 23, IQR 17, 29 | All women had lumbopelvic pain at baseline. | Objective, LTPA | Pregnant women from the yoga group participated in 10 supervised Yoga sessions once a week for 1 hour each (inclusion in the study between the 12th and 32th week of gestation). Sessions were administered by one researcher, who is a physical therapist and licensed Hatha yoga instructor. For treatment poses were chosen to stimulate the psychophysical effects, such as joint range of motion, flexibility, strengthening, muscular resistance, and balance, stimulation of introspection, self-confidence, self-control, concentration, and mental relaxation.  Pregnant women in the control postural orientation group received a pamphlet on postural orientation that contained figures and text explaining some possible changes in the curvature of the vertebral spine during pregnancy (hyperlordosis and hyperkyphosis). | 1x/week  Intensity not reported  60 minutes/session  Yoga | - | Presence of women at Yoga Classes  average 5.7  median 6  maximum 10  minimum 2  SD 2.08  variance 4.35 | Data in forest plot |
| LBP  PGP | Granath et al.,  2006, Sweden, RCT(6) | E(land): 134 E(water): 132 | E (land): 29.2 ± 4.5 E (water): 29.1 ±4.5 | - | Objective,  LTPA | Land-based physical exercise (LBPE) was a set of exercises developed by physiotherapists for fitness during pregnancy. They consisted of movements accompanied by music of varying tempos. Focus was on improving aerobic and movement capacity including light jogging, sit-ups, and pelvic mobility exercises. Jumps and heavy loads were avoided. Water aerobics consisted of exercises developed by midwives and physiotherapists for pregnant women. Water aerobics had the same focus on aerobic and movement capacity as LBPE but with considerably less risk for unwanted weight-bearing loading of anatomic structures. The main difference between interventions was the aquatic environments elimination of gravity and dampening resistance to movement. The movements in both interventions targeted similar muscle groups. The intervention started at 11-12 weeks and continued throughout pregnancy. | 1x/week  Intensity not reported  60 minutes/week  Various; light jogging, sit-ups, pelvic mobility exercises; Water Aerobics | women with severe PGP were also offered individual physiotherapy (how many actually received is unknown) | E(land): The women attended an average of 13.5 (range 4-19) sessions in the LBPE group  E(water): 16.2 (range 5-19) in the water aerobics group. | Narrative summary  Post-intervention  Low Back Pain  E(Land): 34  E(water): 19  Post intervention  Pelvic Pain  E(land): 34  E(water): 32 |
| LBP | Kihlstrand et al., 1999, Sweden, RCT(9) | E: 129 C: 128 | >18 years | - | Objective,  LTPA | Intervention: The women were offered supervised water-gymnastics 17–20 times (once a week during the second half of pregnancy). Each training session lasted one hour and included relaxing exercises. All the classes were led by one specially trained midwife. Two different exercise programs were used for all women; one with exercises suitable for earlier pregnancy to be used for the first ten training sessions, and one with exercises suitable for later pregnancy for the last ten sessions. The physical training lasted for 30 minutes followed by 30 minutes of relaxation, all in water and to music adjusted to the different exercises and to relaxation. | 1x/week  Intensity not reported  60 minutes (30 PA; 30 relaxation)  water gymnastics | - | 88% exercised 10-20 times; 55.2% exercised 15-20 times and 32.8% exercised 10-15 times - attendance of water gymnastics training | Narrative summary  During the 31st and between the 33rd and 38th weeks of pregnancy, the water gymnastics group had lower back pain intensity. Data presented in Figure unable to extract. |
| LBP | Field et al., 2013, USA,  RCT(1) | E: 46 C: 46 | E: 24.4 ± 4.7 C: 24.5 ± 5.0 | All women had depression as diagnosed with the Structured Clinical Interview for Depression. | Objective,  LTPA | The women in the yoga group participated in 20-minute sessions once per week for 12 weeks (atarting at 22 weeks of gestation). A trained yoga instructor led group participants through a routine that was specifically designed for women in their second and third trimester of pregnancy. This routine was outlined in a manual and videotaped for DVD demonstrations for the instructor and for the pregnant women. This routine included only basic sitting, kneeling and standing yoga poses as follows: spinal twist, table pose, cat/cow, kneeling balance, kneeling warrior, runner’s stretch, stork pose, tree pose, eagle pose, warrior 1, warrior 2, reverse warrior, side-angle pose, triangle pose, sitting angular pose, cow’s head pose, butterflies and prayer position. | 1x/week  (for 12 weeks) Intensity not reported  20 minutes/week  Yoga | - | Not reported | Data in forest plot |
| LBPP | Gupta, 2014, India,  RCT(15) | E(PT with Stabilizing Exercises): 20  C(PT): 20 | 20-40 | All women had pelvic girdle and low back pain | Objective,  LTPA | E(Physiotherapy plus stabilizing exercises): Lumbar stabilizing exercises; pelvic tilts, bridging, wall squats, quadruped alternate arms/legs raising, + clinical exercises including pelvic floor, stretching, active ROM, strengthening of weak muscles, ordinary physical activities, relaxation+ ergonomic advice; supervised every other day by physical therapist  E(Physiotherapy only): Clinical exercises only - pelvic floor, stretching, active ROM exercises, strengthening exercise, ordinary physical activities, relaxation, ergonomic advice; supervised every other day by physical therapist  56 total prescribed sessions (over a 4-week period) | 14x/week  Intensity and duration not reported  Stabilizing exercises | Clinical exercises (including ergonomic advice) | Not reported | Narrative summary  Numerical Pain Rating Scale Score - Combined (LB and PG)  After interventions  E(PT + stabilizing exercises):  3.75  E(PT):  1.50 |
| LBP | Beyaz et al.,  2011, Turkey, Non RCT Intervention(24) | E: 15  C: 21 | E: 24.5 ± 3.2  C: 25.2 ± 3.5 | women were not sedentary before pregnancy | Objective,  LTPA | Intervention: The eligible pregnant women who were able to maintain exercise program 3 days a week, constituted the exercise group. The pregnant women in the exercise group were recommended to continue breathing and relaxation exercises and to walk at they were already accustomed to from previous exercise sessions target heart rate [(220-age) x0.6] for 30 minutes on the days left from the three-day exercise program until the thirty-seventh weeks of gestation. The sessions were supervised and conducted in groups of 6 pregnant women under the supervision of a physiatrist. First, warm-up work on a bicycle ergometer for 5-10 minutes, then aerobic exercises at the target heart rate ((220-age) x0.6) for 20 minutes and cool-down exercises for 5-10 minutes were applied. Afterwards, posture, stretching, ROM, toning and breathing exercises and Kegel exercises were performed sitting on the floor cushion, then standing and lying on the floor cushion. The sessions were ended after the resting pulse rate turned back through the relaxation exercises performed by lying on one side. The intervention started in the 2nd trimester and continued until the 37th week. | 3x/week  60% HRmax  30-40 minutes  aerobics | Education: counseling on physiological changes in pregnancy, pregnancy-related musculoskeletal functional disorders, prevention of these disorders, ergonomic counseling, proper body mechanics as well as information about nutrition during pregnancy  and preparation towards labor and delivery | Did not record compliance | Narrative summary  In the first assessment, the musculoskeletal system symptoms between the two groups appeared to be similar (p>0.05). Also the findings of locomotor examination were not statistically significant (p>0.05) at the beginning. In the 2nd evaluations, frequency of low back pain was significantly less in the exercise group compared to that of the control group (p<0.001). While severity of low back pain (VAS) decreased in the exercise group between the 1st and 2nd assessments (p<0.001), it increased significantly in the control group (p=0.0001). |
| LBPP | Shim et al., 2007, South Korea, Non RCT Intervention(27) | E: 32  C: 30 | E: 28.1 ± 2.9  C: 28.6 ± 3.2 | women had lumbar and/or posterior pelvic pain at baseline. | Self-reported,  LTPA | 6 sets of exercises: pelvic tilting, knee pull, straight leg raising, curl up, lateral straight leg raises, and the Kegel exercise. 12-week program (inclusion in the study at 17-22 weeks of gestation); Total sessions: 60-84 | 5-7x/week  Intensity and duration not reported  Pelvic Floor Training,  Various | Education:  pamphlet and lecture: regarding simple anatomy and function of the vertebrae, normal pelvic changes that occur during pregnancy, factors related to lumbar and pelvic pain during  pregnancy, and the appropriate body posture to prevent back pain | Not reported | Data in forest plot |
| LBPP | Yan et al., 2014, Taiwan, Non RCT Intervention(26) | E: 51  C: 51 | E: 31.1  C: 29.8 | All women had lower back pain at baseline.  E:18/45 (40%) reported being regularly physically active before pregnancy (accumulating 30 minutes or more of moderate intensity exercise on most days of the week)  C: 16/44 (36.4%) reported being regularly physically active before pregnancy (accumulating 30 minutes or more of moderate intensity exercise on most days of the week) | Self-reported,  LTPA | The antenatal stability ball programs comprised a one-page exercise protocol and 32-minute videotape program. In total, the training program featured 14 stabilization exercises that focused on transversely-oriented abdominals, the lumbar multifidus, and pelvic floor muscles. In a formal study, the principal investigator provided individual guidance twice a week. All members of the experimental group were requested to attend stability ball exercise class at least once a week and practice at home 25–30 minutes two times a week for a period of 12 weeks (inclusion in the study at 17-22 weeks of gestation). To ensure research protocol compliance, a weekly training diary was maintained during the training period. The PI also personally called all participants to ensure their active involvement in the study. | 1-3x/week  Intensity not reported  25-30 minutes  Stabilizing exercises | - | Not reported | Data in forest plot |
| LBP | Dumas et al.,  1995, Canada, Non RCT Intervention (25) | E: 27  C: 36 | E: 28.8 ± 3.6  C: 29.8 ± 3.2 | Sedentary - lifestyle questionnaire | Objective,  LTPA | Supervised intervention: Exercise classes were designed according to the guidelines from Fitness and Amateur Sports Canada. They were held several times a week by qualified instructors with special training in prescribing exercise to pregnant women. Each session lasted 1h and included warm-ups, aerobics, calisthenics, and relaxation exercises. Aerobics consisted of pedalling on a stationary cycle with a power output set to elicit a steady-state pulse rate representing 75% of age-predicted maximal beat rate. The duration was gradually increased from 14 to 25 minutes. Each session included a variety of exercises for increasing abdominal muscle strength such as curl-ups and pelvic tilts, and flexibility and muscular endurance exercises such as hamstring and lower back stretches. Participants were asked to attend at least 3 classes/week until term. Exercise classes started after initial tests but not earlier than 12 weeks (bewteen 17 and 24 weeks of gestation). | 3+/week  75% HR max  60 minutes  Aerobics, calisthenics exercise, relaxation | - | Attendance at exercise classes was 81% of possible classes for the 2nd trimester and 75% for the 3rd trimester | Data in forest plot |
| LBP | Singh et al.,  2008, India,  Non RCT Intervention(28) | 15 | 20-35 | All women had back pain | Objective,  LTPA | Supervised intervention (inclusion in the study between 20 and 32 weeks of gestation): Each patient was educated about the (1) Musculoskeletal changes in pregnancy. (2) Effect of Relaxin hormone on muscles & ligaments in pregnancy. (3) Normal posture & compensation postural changes in pregnancy. (4) Incorporation of bio-mechanical principles in activities of daily living & work place. (5) Exercises to correct & improve posture. Above mentioned education was given to the patient through an education booklet which was in Hindi as well as English Language. During the whole session the caregiver was also present. Under supervision women practiced many of these suggestions e.g. favourable working positions, lifting techniques etc. The session covered the back care related to each individual’s occupation & circumstances. Study period was 3 weeks and a total of 2 sessions of one hour each were given to the patients that included only education and demonstration of assigned exercises | 2 sessions over 3 weeks  Intensity not reported  60 minutes  Exercises to correct & improve posture | Education: Musculo skeletal changes in pregnancy. (2) Effect of Relaxin hormone on muscles & ligaments in pregnancy. (3) Normal posture & compensation postural changes in pregnancy. (4) Incorporation of bio-mechanical principles in activities of  daily living & work place | Not reported | Narrative summary  LBP: 100% (15/15)  VAS scores - mean(SD):  Pre-Test: 5.53(1.88)  Post-Test: 2.87(1.77) |
| PGP | Haakstad et al., 2009, Norway, Cohort(31) | E: 50  C: 417 | E: 31.2 ± 3.9  C: 31.6 ± 4.0 | E: 40 (80%) active before pregnancy  C: 77 (18.5%) active before pregnancy | Self-reported,  LTPA | E: Participating in regular exercise in the third trimester was defined as: performing moderate intensity leisure-time physical activity >3x/week  E(2): This group performed PFMT (81/384 that completed questionnaire about strength training). The women were asked whether they engaged in regular strength training on their own greater than or equal to once a week. If they answered yes to that question, they were asked to further specify if they performed exercise for the abdominals, back, or pelvic floor muscles. The question about performance of PFMT was: “Do you exercise the pelvic floor muscles (muscles around the urethra, vagina and rectum)?”. The same question was asked retrospectively for prepregnancy PFMT and training during first and second trimesters.  Exercise frequency (moderate intensity leisure-time physical activity >= 20 minutes) was categorized into six groups: seldom or never, once per week, 2–3 times per week, 4–5 times per week, 6 times per week and every day or more than once every day. Participating in regular exercise in the third trimester was defined as: performing moderate intensity leisure-time physical activity >3 times a week. Overall, 19% of the women (n = 467) reported to have become more physically active in the third trimester compared to pre-gestational exercise levels.  Seven percent reported that they had performed PFMT at least once a week before pregnancy. During trimesters 1, 2, and 3, the proportions were 12.9, 17.6, and 17.4%, respectively  - 1st trimester: 19.3% <=1x/week, 39.6% 2-3x/week, 14.8% >=4x/week; 10.9% <30 minutes, 47.8% 30-60 minutes, 15.2% >60 minutes; 23.3% low intensity (no sweating and normal breathing), 40.0% moderate intensity (modestly sweating and light breathing), 10.3% high intensity (sweating and breathing heavily)  -2nd trimester: 24.6% <=1x/week, 30.4% 2-3x/week, 15.2% >=4x/week; 17.3% <30 minutes, 41.3% 30-60 minutes, 10.7% >60 minutes; 33.6% low intensity (no sweating and normal breathing), 34.0% moderate intensity (modestly sweating and light breathing), 3.0% high intensity (sweating and breathing heavily)  -3rd trimester: 26.3% <=1x/week, 24.8% 2-3x/week, 10.6% >=4x/week; 24.4% <30 minutes, 31.5% 30-60 minutes, 6.4% >60 minutes; 44.8% low intensity (no sweating and normal breathing), 18.0% moderate intensity (modestly sweating and light breathing), 1.3% high intensity (sweating and breathing heavily) | Frequency, intensity and duration not reported  Pelvic Floor Training | - | - | Data in forest plot |
| LBP  PGP | Gjestland et al., 2013, Norway, Cohort(30) | 3482 | 31.1 ± 4.8 | - | Self-reported,  LTPA | Only 14.5% of women followed the current exercise prescription of 3 or more times a week for > 20 minutes at moderate intensity; Participants grouped by frequency of exercise: <1x/week n=1090; 1-2x/week n=1466; >3x/week n=926 based on questionnaires. | Frequency, intensity and duration not reported  Various | - | - | Narrative summary  Lower back pain during pregnancy  Exercise 1-2/week: OR=0.80(95% CI 0.66-0.97)  Exercise 3+/week: OR=0.82(95% CI 0.68-1.02)  Pelvic girdle pain during pregnancy Exercise 1-2/week: OR=0.88  (95% CI 0.72-1.07)  Exercise 3+/week: OR=0.76  (95% CI 0.61-0.96)" |
| LBP | Chang et al.,  2014, Taiwan, Cohort(29) | 214 | - | - | Self-reported,  LTPA | Participants filled out questionnaires at 28 weeks +/- 2 weeks; at 32 weeks +/- 2 weeks; at 36 weeks +/- 2 weeks; completed Physical Workload Questionnaire | Frequency, intensity, duration and type not reported | - | 83.6%: 179 women completed all measures | Narrative summary  Mann-Whitney U values for correlation between regular exercise and back pain intensity at 28 weeks gestation (n=214): -1.37 |
| PGP | Andersen et al., 2015, Denmark, Case-control(32) | Pelvic pain: n=2482;  no pelvic pain n=2822 | - | - | Self-reported,  LTPA | Grouped by pelvic pain not physical activity | Frequency, intensity, duration not reported  Various | - | - | Narrative summary  Pelvic girdle pain during pregnancy (OVERALL):  Exercise: >0-≤1 hrs/week: OR=0.88 (95% CI 0.74-1.04)  Exercise: >1-≤2 hrs/week: OR=0.87 (95% CI 0.72-1.07)  Exercise: >2-≤3 hrs/week: OR=0.94 (95% CI 0.72-1.23)  Exercise: >3-≤5 hrs/week: OR=0.78 (95% CI 0.58-1.04)  Exercise: >5 hrs/week: OR=0.83 (95% CI 0.55-1.26)  Exercise: Low IMPACT (aerobic, aerobic for pregnant women, dancing, walking/hiking): OR=0.89 (95% CI 0.74-1.07)  Exercise: bicycling: OR=0.95 (95% CI 0.76-1.17)  Exercise: yes to the question ‘Do you get any kind of exercise during pregnancy?': OR=0.87 (95% CI 0.77-0.99)  Exercise: swimming: OR=0.73 (95% CI 0.58-0.91)  Exercise: Resistance training only: OR=1.81 (95% CI 1.15-2.83)  Exercise: HIGH IMPACT: OR=0.71 (95% CI 0.48-1.06) |
|  |  |  |  |  |  |  |  |  |  |  |

**Abbreviations:** LTPA: leisure time physical activity; LBP: low back pain; PGP: pelvic girdle pain; LBPP: lumbopelvic pain; RCT: randomized control trial; E: exercise; C: control; HR: hear rate; bpm: beat per minute; PFMT: pelvic floor muscle training; SD: standard deviation; ROM: range of motion; VAS: visual analog scale; OR: odd ratio; CI: confidence interval; IQR: interquartile range.

**Supplemental Table 2**: Association between prenatal exercise and maternal low back pain, pelvic girdle pain and lumbopelvic pain prevalence and severity during pregnancy.

| **Quality assessment** | | | | | | | **№ of participants** | | **Effect** | | **Quality of evidence** | **Importance** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ of studies** | **Study design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **Exercise** | **No exercise** | **Relative (95% CI)** | **Absolute (95% CI)** |
| Association between prenatal exercise (exercise-only interventions and exercise + co-interventions) and low back, pelvic or lumbopelvic pain during pregnancy | | | | | | | | | | | | |
| 13 (pooled estimate of effect, n=12; 1 study reported narratively)a | randomized trials | serious b | not serious | serious c | serious d | none | 645/1023 (63.0%) | 634/964 (65.8%) | **OR 0.78** (0.60 to 1.02) | **58 fewer per 1 000** (from 4 more to 122 fewer) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Narrative summary: Granath (2006) randomized women to water-based exercise (n=132) or land-based exercise (n=134). Women in the water-based exercise group reported less cases of LBP (p=0.04) whereas the rate of PGP did not differ between the groups (data not provided). | | | |
| Sensitivity analysis: Association between exercise-only interventions and low back, pelvic or lumbopelvic pain during pregnancy | | | | | | | | | | | | |
| 7 (pooled estimate of effect, n =6; 1 study reported narratively)a | randomized trials | very serious e | serious f | not serious | serious d | none | 84/167 (50.3%) | 106/176 (60.2%) | **OR 0.51** (0.22 to 1.16) | **167 fewer per 1 000** (from 35 more to 352 fewer) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Narrative summary: Granath (2006) randomized women to water-based exercise (n=132) or land-based exercise (n=134). Women in the water-based exercise group reported less cases of LBP (p=0.04) whereas the rate of PGP did not differ between the groups (data not provided). | | | |
| Sensitivity analysis: Association between exercise + co-interventions and low back, pelvic and lumbopelvic pain during pregnancy | | | | | | | | | | | | |
| 6 g | randomized trials | serious b | not serious | serious c | serious d | none | 561/856 (65.5%) | 528/788 (67.0%) | **OR 0.85** (0.68 to 1.06) | **37 fewer per 1 000** (from 13 more to 90 fewer) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Evidence from non-randomized interventions: Association between exercise-only interventions and low back pain during pregnancy | | | | | | | | | | | | |
| 1 | observational studies h | very serious i | serious j | not serious | not serious k | none | 23/27 (85.2%) | 33/38 (86.8%) | **OR 0.87** (0.21 to 3.60) | **17 fewer per 1 000** (from 91 more to 288 fewer) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Evidence from cohort studies: Association between prenatal exercise and low back pain during pregnancy | | | | | | | | | | | | |
| 1 l | observational studies m | not serious n | serious j | not serious | not serious k | none | Narrative summary: Gjestland (2013) reported a decreased odd of suffering from LBP (n=3482) in late pregnancy (week 32) when exercise was performed once to twice a week compared to once a week or less (OR 0.8, 95% CI 0.66-0.97, p<0.05). | | | | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Evidence from cohort studies: Association between prenatal exercise and pelvic girdle pain during pregnancy | | | | | | | | | | | | |
| 2 (pooled estimate of effect, n =1; 1 study reported narratively) l | observational studies m | very serious o | serious j | not serious | not serious k | none | 52/81 (64.2%) | 136/262 (51.9%) | **OR 1.66** (0.99 to 2.78) | **123 more per 1 000** (from 3 fewer to 231 more) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Narrative summary: Gjestland (2013) reported a decreased odd of suffering from PGP (n=3482) in late pregnancy (week 32) when exercise was performed at least three times per week compared to once a week or less (OR 0.76 95% CI 0.61-0.96). | | | |
| Association between prenatal exercise (exercise-only interventions and exercise+co-interventions) and the severity of low back, pelvic and lumbopelvic pain during pregnancy | | | | | | | | | | | | |
| 14 (pooled estimate of effect, n =10; 4 studies synthesized narratively)p | randomized trials | very serious q | serious f | serious | not serious | none | 389 | 395 | - | SMD **1.03 SD lower** (1.58 lower to 0.48 lower) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Narrative synthesis: Peterson (2012) reported that exercises (n=22) decreased LBP symptoms severity similarly to neuro-emotional technique (n=20) and spinal manipulative therapy (n=15). Kluge (2011) reported that exercise (n=26) decreased LBPP symptoms severity compared to a control group (n=24). Gupta (2012) reported improvement in LBPP symptoms with exercise and physiotherapy (n=20) compared to physiotherapy alone (n=20). Kilhstrand (1999) reported that exercises (n=129) reduced LBP pain intensity (no statistics provided) compared to a control group (n=128). | | | |
| Sensitivity analysis: Association between exercise-only interventions and the severity of low back pain during pregnancy | | | | | | | | | | | | |
| 8 (pooled estimate of effect, n =7; 1 study reported narratively)l | randomized trials | very serious r | serious f | not serious | not serious | none | 271 | 281 | - | SMD **1.43 SD lower** (2.29 lower to 0.58 lower) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Narrative summary: Kilhstrand (1999) reported that 30 minutes of water aerobics (n=129) performed once a week in the second half of pregnancy reduced LBP average weekly pain intensity during the 31st and between the 33rd and the 38th weeks of gestation compared to a control group (n=128). | | | |
| Sensitivity analysis: Association between exercise + co-interventions and the severity of low back, pelvic and lumbopelvic pain during pregnancy | | | | | | | | | | | | |
| 6 (pooled estimate of effect, n =3; 3 studies synthesized narratively)s | randomized trials | serious t | serious f | serious c | serious d | none | 118 | 114 | - | SMD 0.45 SD lower (0.94 lower to 0.03 higher) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Narrative synthesis: Peterson (2012) reported that exercises (n=22) decreased LBP symptoms severity similarly to neuro-emotional technique (n=20) and spinal manipulative therapy (n=15). Kluge (2011) reported that combined Kluge (2011) reported that exercise (n=26) decreased LBPP symptoms severity compared to a control group (n=24). Gupta (2012) reported improvement in LBPP symptoms with exercise and physiotherapy (n=20) compared to physiotherapy alone (n=20). | | | |
| Evidence from non-randomized interventions: Association between exercise-only interventions and the severity of low back pain during pregnancy | | | | | | | | | | | | |
| 1 | observational studies h | serious u | serious j | not serious | not serious k | none | 45 | 44 | - | MD 9.57 lower (11.3 lower to 7.84 lower) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Evidence from non-randomized interventions: Associaton between exercise + co-interventions and the severity of low back pain during pregnancy | | | | | | | | | | | | |
| 3 (pooled estimate of effect, n =1; 2 studies synthesized narratively)v | observational studies h | very serious w | serious j | serious c | not serious k | none | 29 | 27 | - | SMD 1.46 lower (2.7 lower to 0.22 lower) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Narrative synthesis: Beyaz (2011) reported that at least three 30-minute sessions of aerobics per week (n=15) from the second trimester until the 37th week of pregnancy decreased LBP intensity (p<.001) compared to a control group (n=21). Singh (2008) reported that two short education and exercise demonstration sessions aimed to correct and improve posture (n=15) decreased LBP intensity after a 3-week intervention period (mean scores difference -2.7/10, p<0.05). | | | |
| Evidence from cohort studies: Association between prenatal exercise and the severity of low back pain during pregnancy | | | | | | | | | | | | |
| 1 l | observational studies m | serious x | serious j | not serious | not serious k | none | Narrative summary: Chang (2014) reported that performing regular exercise in the 3rd trimester (n=214) was not predictive of changes in average LBP intensity (Mann-Whitney U -1.37 p>0.05) | | | | ⨁◯◯◯ VERY LOW |  |

**CI:** Confidence interval; **OR:** Odds ratio; **SMD:** Standardised mean difference; **MD:** Mean difference; **LBP**: Low back pain; **PGP**: Pelvic girdle pain; **LBPP**: Lumbopelvic pain

#### Explanations

a. One superiority trial could not be included in the pooled estimate due to the absence of a no-exercise control group; results are reported narratively

b. Serious risk of bias. High risk of performance bias.

c. Serious indirectness because exercise was combined to a co-intervention.

d. Serious risk of imprecision. The 95% CI crosses the line of no effect, and is wide, such that interpretation of the data would be different if the true effect were at one end of the CI or the other.

e. Very serious risk of bias. High risk of selection bias (inappropriate or unclear randomization and/or concealment procedure), detection bias (potentially flawed measurement of outcome), attrition bias, and other bias.

f. Serious inconsistency due to high heterogeneity (I2≥50%).

g. One study reported 100% case of pelvic girdle pain (not estimable result) and is not included in the pooled analysis.

h. Non-randomized interventions

i. Very serious risk of bias. High risk of bias detected for all categories (selection bias, performance bias, detection bias, attrition bias, reporting bias, and other bias).

j. Serious inconsistency because only one study.

k. No serious imprecision; only one study but already downgraded for serious inconsistency for this reason.

l. One study could not be included in the pooled estimate due to incomplete reporting of data; results are reported narratively.

m. Cohort study

n. No serious risk of bias. Reporting bias was an issue for one study (incomplete reporting of data such that it could not be included in the meta-analysis; results are reported narratively [Gjestland, 2013]).

o. Very serious risk of bias. High risk of detection bias (potentially flawed measurement of outcome measure and exposure to physical activity); attrition bias (high attrition rate (>10%)). Reporting bias was an issue for one study (incomplete reporting of data such that it could not be included in the meta-analysis; results are reported narratively [Gjestland, 2013]).

p. Four studies could not be included in the pooled estimate due to absence of a no-exercise control group or incomplete reporting of data; results are reported narratively.

q. Very serious risk of bias. High risk of selection bias (either unclear or inappropriate randomization and/or concealment procedure); detection bias (potentially flawed measurement of outcome); attrition bias and performance bias. Reporting bias was an issue in two studies (incomplete reporting of data such that it could not be included in the meta-analysis; results are reported narratively [Kluge, 2011; Kilhstrand, 1999]).

r. Very serious risk of bias. High risk of selection bias (either unclear or inappropriate randomization and/or concealment procedure); detection bias (potentially flawed measurement of outcome); attrition bias and performance bias. Reporting bias was an issue in one study (incomplete reporting of data such that it could not be included in the meta-analysis; results are reported narratively [Kilhstrand, 1999]).

s. Three studies could not be included in the pooled estimate due to absence of a no-exercise control group or incomplete reporting of data; results are reported narratively.

t. Serious risk of bias. High risk of performance bias and detection bias (potentially flawed measurement of outcome). Reporting bias was an issue in one study (incomplete reporting of data in such that it could not be included in the meta-analysis; results are reported narratively [Kluge, 2011]).

u. Serious risk of bias. High risk of detection bias (potentially flawed measurement of outcome) and attrition bias.

v. Two studies could not be included in the pooled estimate due to absence of a no-exercise control group or incomplete reporting of data; results are reported narratively.

w. Serious risk of bias. High risk of performance bias; detection bias (no blinding of outcome assessors and potentially flawed measurement of outcome) and attrition bias. Reporting bias was an issue in one study (incomplete reporting of data such that it could not be included in the meta-analysis; results are reported narratively [Beyaz, 2011]).

x. Serious risk of bias. High risk of performance bias and attrition bias. Reporting was an issue in one study (incomplete reporting of data such that it could not be included in the meta-analysis; results are reported narratively [Chang, 2014]).

**Supplemental Table 3**. Association between prenatal exercise and maternal low back pain, pelvic girdle pain and lumbopelvic pain prevalence and severity during postpartum.

| **Certainty assessment** | | | | | | | **№ of participants** | | **Effect** | | **Certainty** | **Importance** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ of studies** | **Study design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **Exercise** | **No exercise** | **Relative (95% CI)** | **Absolute (95% CI)** |
| Association between prenatal exercise (exercise-only and exercise + co-interventions) and low back, pelvic and lumbopelvic pain during postpartum | | | | | | | | | | | | |
| 3 | randomized trials | not serious | not serious | serious | serious a | none | 91/254 (35.8%) | 88/237 (37.1%) | **OR 0.89** (0.51 to 1.56) | **27 fewer per 1 000** (from 108 more to 140 fewer) | ⨁⨁◯◯ LOW | IMPORTANT |
| Sensitivity analysis: Association between exercise-only interventions and low back, pelvic and lumbopelvic pain during postpartum | | | | | | | | | | | | |
| 1 | randomized trials | not serious | serious b | not serious | not serious c | none | 7/44 (15.9%) | 10/48 (20.8%) | **OR 0.75** (0.19 to 2.94) | **43 fewer per 1 000** (from 161 fewer to 228 more) | ⨁⨁⨁◯ MODERATE | IMPORTANT |
| Sensitivity analysis: Association between exercise+co-interventions and low back, pelvic and lumbopelvic pain during postpartum | | | | | | | | | | | | |
| 2 | randomized trials | not serious | not serious | serious d | serious a | none | 84/210 (40.0%) | 78/189 (41.3%) | **OR 1.01** (0.47 to 2.18) | **2 more per 1 000** (from 164 fewer to 192 more) | ⨁⨁◯◯ LOW | IMPORTANT |
| Evidence from non-randomized interventions: Association between exercise-only interventions and low back pain during postpartum | | | | | | | | | | | | |
| 1 | observational studies e | very serious f | serious b | not serious | not serious c | none | 23/27 (85.2%) | 31/38 (81.6%) | **OR 1.30** (0.34 to 4.97) | **36 more per 1 000** (from 141 more to 215 fewer) | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Evidence from case-control studies: Association between prenatal exercise and pelvic girdle pain during postpartum | | | | | | | | | | | | |
| 1 g | observational studies h | very serious i | serious b | not serious | not serious c | none | Narrative summary: Anderson (2015) reported that being physically active during pregnancy (n=5304) decreased the odds of PGP at 6 months postpartum (OR 0.87 95%CI 0.77-0.99 p=0.028) | | | | ⨁◯◯◯ VERY LOW | IMPORTANT |
| Association between exercise-only interventions and the severity of low back pain during postpartum | | | | | | | | | | | | |
| 1 g | randomized trials | serious j | serious b | not serious | not serious c | none | Narrative summary: Kihlstrand (1999) reported that 30 minutes of water aerobics performed once a week (n=129) in the second half of pregnancy reduced LBP intensity in the first week postpartum (p=0.034) compared to a control group (n=128). | | | | ⨁⨁◯◯ LOW | IMPORTANT |

**CI:** Confidence interval; **OR:** Odds ratio

#### Explanations

a. Serious risk of imprecision. The 95% CI crosses the line of no effect, and is wide, such that interpretation of the data would be different if the true effect were at one end of the CI or the other.

b. Serious inconsistency because only one study.

c. No serious imprecision; only one study but already downgraded for serious inconsistency for this reason.

d. Serious indirectness because exercise was combined to a co-intervention.

e. Non-randomized interventions

f. Very serious risk of bias. High risk of bias detected for all categories (selection bias, performance bias, detection bias, attrition bias, reporting bias and other bias).

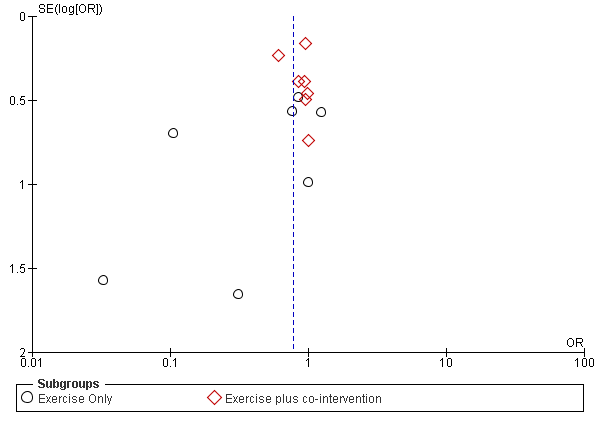
g. One study could not be included in the pooled estimate due to incomplete reporting of data; results are reported narratively.

h. Case-control study

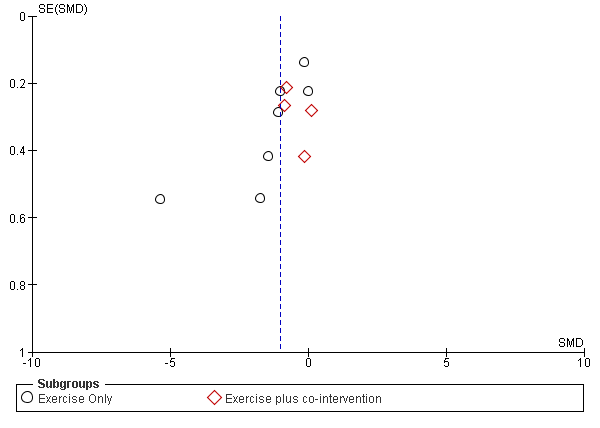
i. Very serious risk of bias. High risk of performance bias (potentially flawed measurement of exposure; unknown validity of physical activity measure), detection bias (potentially flawed measurement of outcome), and reporting bias (incomplete reporting of data such that it could not be included in the meta-analysis; results are reported narratively).

j. Serious risk of bias. High risk of performance bias, detection bias (no blinding of outcome assessors), attrition bias and reporting bias (incomplete reporting of data such that it could not be included in the meta-analysis; results are rported narratively).

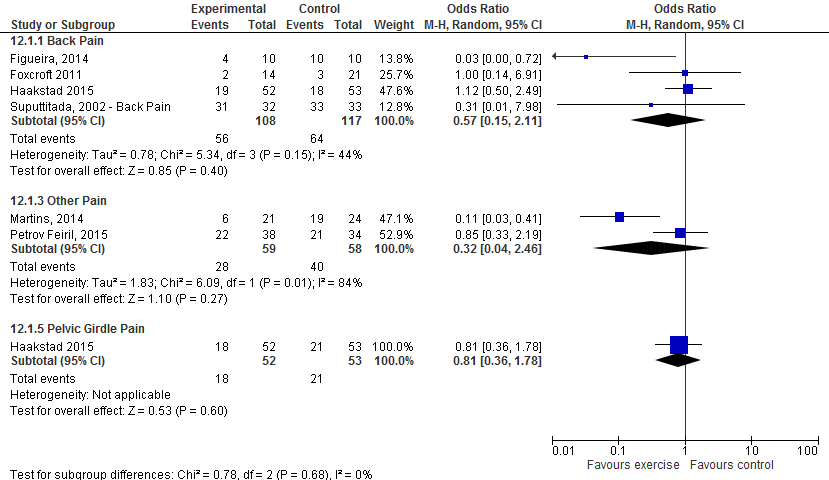
**3) Supplementary figures**



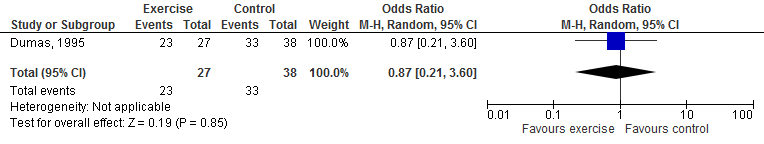
Online Supplemental Figure 1. Funnel plot of the meta-analysis of published prenatal exercise-only and exercise + co-interventions on risk of maternal low back, pelvic girdle, and lumbopelvic pain during pregnancy (RCTs). Each plotted points represents the standard error and odds ratio between intervention and control group for a single study. The vertical line represents the average odds ratio of 0.78 found in the meta-analysis.



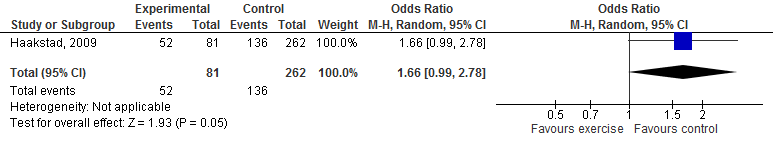
Online Supplemental Figure 2. Funnel plot of the meta-analysis of published prenatal exercise-only and exercise + co-interventions on severity of maternal low back, pelvic girdle, and lumbopelvic pain during pregnancy (RCTs). Each plotted points represents the standard error and standardized mean difference between intervention and control group for a single study. The vertical line represents the average standardized mean difference of -1.03 found in the meta-analysis.



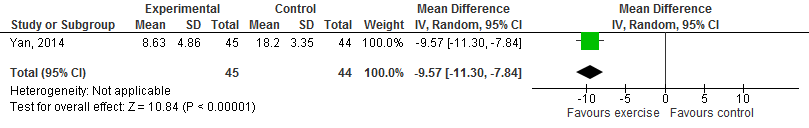
Online Supplemental Figure 3*.* Effects of prenatal exercise compared with control on odds of low back pain, pelvic girdle pain and mixed pain presentation (pain presentation not clearly defined by the authors) during pregnancy (**RCTs**). Subgroup analyses were conducted with studies including exercise-only interventions. Analyses were conducted using a random effects model. CI, confidence interval; df, degrees of freedom; M-H, Mantel-Haenszel method.



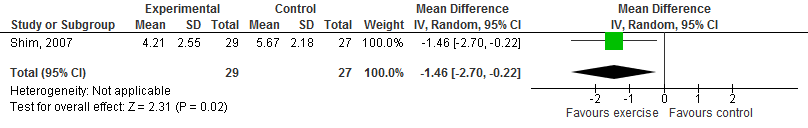
Online Supplemental Figure 4. Effects of prenatal exercise-only intervention compared with control on odds of low back pain during pregnancy (**non-randomized intervention**). Analyses were conducted using a random effects model. CI, confidence interval; df, degrees of freedom; M-H, Mantel-Haenszel method.



Online Supplemental Figure 5. Effects of prenatal exercise-only intervention compared with control on odds of pelvic girdle pain during pregnancy (**cohort study**). Analyses were conducted using a random effects model. CI, confidence interval; df, degrees of freedom; M-H, Mantel-Haenszel method.

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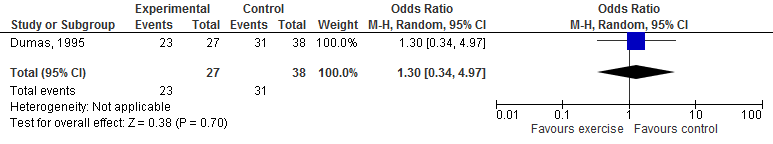
Online Supplemental Figure 6. Effects of prenatal exercise-only intervention compared with control on severity of low back pain during pregnancy (**non-randomized intervention**). Analyses were conducted using a random effects model. CI, confidence interval; df, degrees of freedom; M-H, Mantel-Haenszel method.



Online Supplemental Figure 7*.* Effects of prenatal exercise + co-intervention compared with control on the severity of low back pain during pregnancy (**non-randomized intervention**). Analyses were conducted using a random effects model. CI, confidence interval; df, degrees of freedom; M-H, Mantel-Haenszel method.

****

Online Supplemental Figure 8. Effects of prenatal exercise compared with control on odds of postpartum low back pain, and pelvic girdle pain (**RCTs**). Subgroup analyses were conducted with studies including “exercise-only” interventions. Analyses were conducted using a random effects model. CI, confidence interval; df, degrees of freedom; M-H, Mantel-Haenszel method.

****

Online Supplemental Figure 9. Effects of prenatal exercise-only intervention compared with control on odds of postpartum low back pain (**non-randomized intervention**). Analyses were conducted using a random effects model. CI, confidence interval; df, degrees of freedom; M-H, Mantel-Haenszel method.

**4) Search strategies**

The following databases were searched on January 6th, 2017:

* Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations, Ovid MEDLINE(R) Daily and Ovid MEDLINE(R)
* Ovid EMBASE
* Ovid All EBM [Evidence-Based Medicine] Reviews: Cochrane Database of Systematic and Cochrane Central Register of Controlled Trials
* Ovid PsycInfo 1806-Present
* EBSCO CINAHL Plus with Full-text, 1937-Present
* EBSCO Sport Discus with Full-text. 1975-Present
* EBSCO ERIC, 1966-Present
* EBSCO Child Development and Adolescent Studies, 1927-Present
* Scopus, 1960-Present
* Web of Science Core Collection (including Emerging Sources Citation Index) , 1900-Present
* Clinicaltrials.gov

*Maternal Outcomes Strategy*

MEDLINE

1. exp Exercise/ or Athletes/ or exp Exercise Movement Techniques/ or Physical Exertion/ or exp Exercise Therapy/ or exp Sports/ or Motor Activity/ or Sedentary Lifestyle/ or (exercise or physical\* activ\* or strenuous activit\* or physical\* inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity).ti,kf. or exercise.ab. /freq=2 or physical\* activ\*.ab. /freq=2 or (weight\* adj2 lift\*).ti,kf. or ((muscle or muscular or strength\*) adj2 conditioning).ti,kf.

2. exp Pregnancy Complications/ or Pregnancy Outcome/ or exp Labor, Obstetric/ or exp Delivery, Obstetric/ or exp Extraction, Obstetrical/ or pregnan\*.ti,hw,kf.

3. ((birth or pregnancy or childbirth) adj3 (outcome\* or complication\*)).mp.

4. (((spontaneous or induc\* or onset or length) adj3 (labor or labour)) or c?esarean).mp.

5. (episiotom\* or vaginal delivery or gestational diabetes or pre-eclampsia or preeclampsia or gestosis).mp.

6. (((normal or instrumental or assisted) adj2 (delivery or birth or childbirth)) or (forceps or ventouse or vacuum extraction)).mp.

7. ((mode of delivery or type of delivery) and (pregnan\* or birth or childbirth or obstetric\* or labor or labour)).mp.

8. ((tear\* or ruptur\* or hemorrhage\*) adj2 (placent\* or vagin\* or membran\* or periton\*)).mp.

9. (miscarriage\* or spontaneous abortion\*).mp.

10. or/2-9

11. 1 and 10

12. Pregnancy/ or pregnan\*.ti,hw,kf. or exp Pregnancy Trimesters/ or Peripartum Period/ or Postpartum Period/ or (antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*).ti,kf.

13. 1 and 12

14. ((pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\*) adj5 (exercise or physical\* activ\* or strenuous activit\* or physical inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or (weight\* adj2 lift\*) or swim\* or sport\* or athlet\* or walk or walking or ((muscle or muscular or strength\*) adj2 conditioning))).ab.

15. 13 or 14

16. exp Insulins/ or diabetes mellitus/ or exp diabetes mellitus, type 1/ or exp diabetes mellitus, type 2/ or diabetes, gestational/ or prediabetic state/ or hemoglobin a, glycosylated/ or (insulin or glucose or glyc?emic control or blood sugar or diabet\* or prediabet\* or hba1c or glycosylated h?emoglobin or hyperglyc?emi\* or hypoglyc?emi\* or (weight adj3 (gain\* or change\* or loss or lose or retention)) or bmi or body mass index or body composition or skinfold thickness or ((hip or waist) adj2 ratio) or ((waist or abdominal) adj2 circumference) or overweight or obes\* or adipos\* or underweight or normal weight or healthy weight or hypertension or hypotension or fainting or syncope or lightheaded\* or light headed\* or dizziness or blood pressure or tox?emi\* or eph complex or proteinuria or edema or hemodynamic\* or haemodynamic\* or systolic or diastolic or cardiovascular or cardiometabolic or cardio-metabolic or metabolic or heart or cardio\* or cardiac or lipid\* or placental growth factor\* or triglyceride\* or ldl or hdl or lipoprotein or cholesterol).mp.

17. dehydration/ or exp Cardiovascular Diseases/ or (dehydrat\* or heart disease\* or cardiovascular disease\*).mp.

18. adaptation, physiological/ or body temperature regulation/

19. Physical Fitness/ or exp Physical Endurance/ or me.fs. or (safe\* or harm\* or risk\* or fitness or aerobic capacity or oxygen consumption or vo2 max or vo2max or vo2 peak or vo2peak or frequency or intensity or duration or dose response or fitt or zone or (type\* adj2 exercise)).mp.

20. exp Chronic disease/ or exp Osteoporosis/ or exp Urinary Incontinence/ or (chronic disease\* or chronic illness\* or osteoporosis or incontinen\*).mp.

21. exp Back Pain/ or Pelvic Pain/ or Muscle Cramp/ or (Pain/ and exp Hip Joint/) or ((hip or back or pelvic or pelvis) adj3 (pain or discomfort or ache)).mp. or cramp\*.mp.

22. Mental Health/ or exp Mental Disorders/ or Body Image/ or Self Concept/ or (mental health or mental disorder\* or mental illness\* or mental disease\* or depression or depressive or mood or anxiety or well being or wellbeing or wellness or body image or self perception).mp.

23. (postur\* or supine or valsalva or diastasis recti or rectus abdominis or inter rectus distance or interrectus distance).mp.

24. Fatigue/ or (fatigue or exhaustion or injur\* or trauma).mp.

25. or/16-24

26. 15 and 25

27. 11 or 26

28. limit 27 to medline

29. animals/ not (animals/ and humans/)

30. 28 not 29

31. 27 not 28

32. ((rat or rats or mouse or mice or cow or cows or bovine or sheep or ewe\*) not ((rat or rats or mouse or mice or cow or cows or bovine or sheep or ewe\*) and (human\* or women))).ti,ab,kf.

33. 31 not 32

34. 30 or 33

35. remove duplicates from 34

EMBASE

1. exp \*exercise/ or \*athlete/ or exp \*kinesiotherapy/ or exp \*sport/ or exp \*physical activity/ or \*sedentary lifestyle/ or (exercise or physical\* activ\* or physical\* inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity).ti,kw. or exercise.ab. /freq=2 or physical\* activ\*.ab. /freq=2 or (weight\* adj2 lift\*).ti,kw. or ((muscle or muscular or strength\*) adj2 conditioning).ti,kw.

2. exp pregnancy complication/ or pregnancy outcome/ or exp labor/ or exp delivery/ or pregnan\*.ti,kw.

3. ((birth or pregnancy or childbirth) adj3 (outcome\* or complication\*)).mp.

4. (((spontaneous or induc\* or onset or length) adj3 (labor or labour)) or c?esarean).mp.

5. (episiotom\* or vaginal delivery or gestational diabetes or pre-eclampsia or preeclampsia or gestosis).mp.

6. (((normal or instrumental or assisted) adj2 (delivery or birth or childbirth)) or (forceps or ventouse or vacuum extraction)).mp.

7. ((mode of delivery or type of delivery) and (pregnan\* or birth or childbirth or obstetric\* or labor or labour)).mp.

8. ((tear\* or ruptur\* or hemorrhage\*) adj2 (placent\* or vagin\* or membran\* or periton\*)).mp.

9. (miscarriage\* or spontaneous abortion\*).mp.

10. or/2-9

11. 1 and 10

12. Pregnancy/ or pregnan\*.ti,hw,kw. or exp Pregnancy Trimesters/ or Peripartum Period/ or Postpartum Period/ or (antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*).ti,kw.

13. 1 and 12

14. ((pregnan\* or maternal or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\*) adj5 (exercise or physical\* activ\* or strenuous activit\* or physical\* inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or (weight\* adj2 lift\*) or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity or fitness or ((muscle or muscular or strength\*) adj2 conditioning))).ab.

15. 13 or 14

16. exp insulin/ or exp diabetes mellitus/ or glycosylated hemoglobin/ or (insulin or glucose or glyc?emic control or blood sugar or diabet\* or prediabet\* or hba1c or glycosylated h?emoglobin or hyperglyc?emi\* or hypoglyc?emi\* or (weight adj3 (gain\* or change\* or loss or lose or retention)) or bmi or body mass index or body composition or skinfold thickness or ((hip or waist) adj2 ratio) or ((waist or abdominal) adj2 circumference) or overweight or obes\* or adipos\* or underweight or normal weight or healthy weight or hypertension or hypotension or fainting or syncope or lightheaded\* or light headed\* or dizziness or blood pressure or tox?emi\* or eph complex or proteinuria or edema or hemodynamic\* or haemodynamic\* or systolic or diastolic or cardiovascular or cardiometabolic or cardio-metabolic or metabolic or heart or cardio\* or cardiac or lipid\* or placental growth factor\* or triglyceride\* or ldl or hdl or lipoprotein or cholesterol).mp.

17. dehydration/ or exp cardiovascular disease/ or (dehydrat\* or heart disease\* or cardiovascular disease\*).mp.

18. adaptation/ or exp thermoregulation/ or fitness/ or endurance/ or (safe\* or harm\* or risk\* or fitness or aerobic capacity or oxygen consumption or vo2 max or vo2max or vo2 peak or vo2peak or frequency or intensity or duration or dose response or fitt or zone or (type\* adj2 exercise)).mp.

19. exp backache/ or exp pelvic pain/ or hip pain/ or muscle cramp/ or heat cramp/ or leg cramp/ or ((hip or back or pelvic or pelvis) adj3 (pain or discomfort or ache)).mp. or cramp\*.mp.

20. mental health/ or psychological well being/ or exp mental disease/ or body image/ or self concept/ or (mental health or mental disorder\* or mental illness\* or mental disease\* or depression or depressive or mood or anxiety or well being or wellbeing or wellness or body image or self perception).mp.

21. (postur\* or supine or valsalva or diastasis recti or rectus abdominis or inter rectus distance or interrectus distance).mp.

22. fatigue/ or exhaustion/ or (fatigue or exhaustion or injur\* or trauma or blood loss).mp.

23. chronic disease/ or exp osteoporosis/ or exp urine incontinence/ or (chronic disease\* or chronic illness\* or osteoporosis or incontinen\*).mp.

24. or/16-23

25. 15 and 24

26. 11 or 25

27. exp animal/ not (exp animal/ and human/)

28. 26 not 27

29. remove duplicates from 28

PsycInfo

1. physical activity/ or exp exercise/ or activity level/ or athletes/ or exp sports/ or ((exercise or physical\* activ\* or strenuous activit\* or physical\* inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity).ti,ab,id. or ((weight\* adj2 lift\*) or ((muscle or muscular or strength\*) adj2 conditioning))).ti,ab,id.

2. obstetrical complications/ or pregnancy outcomes/ or spontaneous abortion/ or "labor (childbirth)"/ or birth/

3. (pregnan\* or ((birth or pregnancy or childbirth) adj3 (outcome\* or complication\*))).mp.

4. (((spontaneous or induc\* or onset or length) adj3 (labor or labour)) or c?esarean).mp.

5. (episiotom\* or vaginal delivery or gestational diabetes or pre-eclampsia or preeclampsia or gestosis).mp.

6. (((normal or instrumental or assisted) adj2 (delivery or birth or childbirth)) or (forceps or ventouse or vacuum extraction)).mp.

7. ((mode of delivery or type of delivery) and (pregnan\* or birth or childbirth or obstetric\* or labor or labour)).mp.

8. ((tear\* or ruptur\* or hemorrhage\*) adj2 (placent\* or vagin\* or membran\* or periton\*)).mp.

9. (miscarriage\* or spontaneous abortion\*).mp.

10. or/2-9

11. 1 and 10

12. exp pregnancy/ or pregnan\*.ti,hw,id. or (antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*).ti,id.

13. 1 and 12

14. ((pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\*) adj5 (exercise or physical\* activ\* or strenuous activit\* or physical inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or (weight\* adj2 lift\*) or swim\* or sport\* or athlet\* or walk or walking or ((muscle or muscular or strength\*) adj2 conditioning))).ab.

15. 13 or 14

16. insulin/ or diabetes/ or diabetes mellitus/ or (insulin or glucose or glyc?emic control or blood sugar or diabet\* or prediabet\* or hba1c or glycosylated h?emoglobin or hyperglyc?emi\* or hypoglyc?emi\* or (weight adj3 (gain\* or change\* or loss or lose or retention)) or bmi or body mass index or body composition or skinfold thickness or ((hip or waist) adj2 ratio) or ((waist or abdominal) adj2 circumference) or overweight or obes\* or adipos\* or underweight or normal weight or healthy weight or hypertension or hypotension or fainting or syncope or lightheaded\* or light headed\* or dizziness or blood pressure or tox?emi\* or eph complex or proteinuria or edema or hemodynamic\* or haemodynamic\* or systolic or diastolic or cardiovascular or cardiometabolic or cardio-metabolic or metabolic or heart or cardio\* or cardiac or lipid\* or placental growth factor\* or triglyceride\* or ldl or hdl or lipoprotein or cholesterol).mp.

17. dehydration/ or exp Cardiovascular Disorders/ or (dehydrat\* or heart disease\* or cardiovascular disease\*).mp.

18. "thermoregulation (body)"/ or physical fitness/ or physical endurance/ or (safe\* or harm\* or risk\* or fitness or aerobic capacity or oxygen consumption or vo2 max or vo2max or vo2 peak or vo2peak or frequency or intensity or duration or dose response or fitt or zone or (type\* adj2 exercise)).mp.

19. back pain/ or ((hip or back or pelvic or pelvis) adj3 (pain or discomfort or ache)).mp. or cramp\*.mp.

20. mental health/ or exp Mental Disorders/ or exp body image/ or self concept/ or (mental health or mental disorder\* or mental illness\* or mental disease\* or depression or depressive or mood or anxiety or well being or wellbeing or wellness or body image or self perception).mp.

21. (postur\* or supine or valsalva or diastasis recti or rectus abdominis or inter rectus distance or interrectus distance).mp.

22. fatigue/ or (fatigue or exhaustion or injur\* or trauma).mp.

23. Physical Fitness/ or exp Physical Endurance/ or (safe\* or harm\* or risk\* or fitness or aerobic capacity or oxygen consumption or vo2 max or vo2max or vo2 peak or vo2peak or frequency or intensity or duration or dose response or fitt or zone or (type\* adj2 exercise)).mp.

24. chronic illness/ or osteoporosis/ or urinary incontinence/ or (chronic disease\* or chronic illness\* or osteoporosis or incontinen\*).mp.

25. or/16-24

26. 15 and 25

27. 11 or 26

28. first posting.ps.

29. (27 not first posting).ps.

30. limit 29 to human

31. 27 and 28

32. 30 or 31

Cochrane Library

#1 [mh Exercise] or [mh "Exercise Movement Techniques"] or [mh "Physical Exertion"] or [mh "Exercise Therapy"] or [mh "Motor Activity"] or [mh "Sedentary Lifestyle"] or (exercise or "physical\* activ\*" or "strenuous activit\* " or " physical\* inactiv\* " or sedentary or running or plyometric\* or yoga or " tai chi" or weight training or resistance training or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity or physical\* active\*):ti,ab,kw (weight\* near/2 lift\*):ti,ab,kw or ((muscle or muscular or strength\*) near/2 conditioning):ti,ab,kw

#2  [mh Pregnancy] or [mh "Pregnancy Complications"] or [mh "Pregnancy Outcome"] or [mh "Pregnancy Trimesters"] or [mh "Peripartum Period"] or [mh "Postpartum Period"] or (pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or "pre partum" or "ante partum" or "post partum" or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*):ti,kw

#3   #1 AND #2

#4   ((pregnan\* or maternal or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or puerper\* or "pre partum" or "ante partum" or "post partum") near/5 (exercise or "physical\* activ\*" or "strenuous activit\*" or "physical\* inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or (weight\* near/2 lift\*) or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or "aerobic capacity" or fitness or ((muscle or muscular or strength\*) near/2 conditioning))):ab

#5  #3 or #4

#6  [mh "birth weight"] or [mh "fetal weight"]

#7  [mh "infant, low birth weight"] or [mh "infant, small for gestational age"] or [mh "infant, very low birth weight"] or [mh "infant, postmature"] or [mh "infant, premature"]

#8  ((preterm or pre matur\* or prematur\* or post matur\* or postmatur\*) near/2 birth):ti,ab,kw

#9  [mh "Fetal Growth Retardation"] or [mh "fetal hypoxia"] or [mh "fetal macrosomia"]

#10  [mh "Fetal Development"] or [mh "Congenital Abnormalities"] or [mh "Fetus"] or (fetus or fetal):ti,kw

#11  [mh "maternal fetal exchange"] or ([mh "Uterus"] and [mh "Regional Blood Flow"]) or (placenta\* or uteroplacenta\* or (("maternal feta"l or fetomaternal or transplacental) near/2 (transfusion or exchange))):ti,ab,kw

#12  ((fetal or fetus) near/2 (response or matur\*)):ti,ab,kw

#13  ((fetal or fetus or neonat\* or newborn or infant) near/3 (growth or develop\* or viability or viable or weight or wellbeing or "well being" or health or "heart rate" or heartrate or bradycardia or hypoxi\* or hypoglycemi\* or movement or oxygenation)):ti,ab,kw

#14  (((uterine or uterus) near/2 (blood flow or circulat\*)) or ((uterine or umbilical or mid\* cerebral) near/2 doppler)):ti,ab,kw

#15  (intrauterine growth or iugr):ti,ab,kw

#16  ((perinatal or fetal or fetus or neonat\* or newborn\* or infant\*) near/3 (mortality or morbidity or death or outcome\* or complication\*)):ti,ab,kw

#17  ("still birth" or stillbirth):ti,ab,kw

#18  ("birth weight" or birthweight or macrosomia or "gestational age" or lga or sga or preterm or (prematur\* near/2 (infant\* or neonat\* or newborn\* or birth or labor))):ti,ab,kw

#19  ((neonatal or newborn\* or infant\* or fetus or fetal) and (fat\* or "abdominal circumference" or "body composition" or bmi or "body mass index" or "waist circumference" or "skeletal size" or height or anthropometric\* or apgar or adipos\* or ph or "base excess" or metabolic or acidosis or insulin or diabet\* or hyperbilirubinemi\*)):ti,ab,kw

#20  (fetus or fetal):ti,ab,kw and [mh "adaptation, physiological"]

#21  (((birth or delivery) near/3 (trauma or injur\* or defect\*)) or (dystocia or nicu or "neonatal intensive care" or "brachial plexus")):ti,ab,kw

#22  [mh "Birth Injuries"]

#23  ((neonat\* or infant\* or newborn\*) and ("ponderal index" or skinfold or bmi or "body mass index")):ti,ab,kw

#24  [mh "Cerebral Palsy"] or [mh "Neural Tube Defects"] or [mh "Cleft Palate"] or ("cerebral palsy" or "neural tube defect\*" or "spina bifida" or anencephal\* or encephalocele\* or iniencephal\* or spinal dyraphism or diastematomyel\* or lipomingocele\* or lipmyelomeningocele\* or meningomyelocele\* or "cleft palate\*" or "cleft lip\*"):ti,ab,kw

#25  (((development\* or learning or intellectual\* or cognitive\* or language or communication or speech or motor) near/2 (disorder\* or disab\* or delay\*)) or "behavior disorder\*" or "attention deficit" or autis\* or asperger\* or "child development" or "developmental milestone\*" or neurodevelopment\* or "cognitive development" or "motor development" or "motor skill\*" or "psychosocial development" or "chronic disease\*" or "chronic illness\*" or cardiovascular or cardiometabolic or diabet\* or "heart disease\*"):ti,ab,kw or [mh "Heart Disease"] or [mh "Mental Disorders Diagnosed in Childhood"]

#26  [mh "Pediatric Obesity"] or ((child\* or pediatric) near/2 (obes\* or overweight)):ti,ab,kw

#27  #6 or #7 or #8 or #9 or #10 or #11 or #12 or #13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26

#28  #5 AND #27

CINAHL

S1 ( (MH "Exercise+") OR (MH "Athletes+") OR (MH "Therapeutic Exercise+") OR (MH "Physical Fitness+") OR (MH "Physical Activity") OR (MH "Physical Endurance+") OR (MH "Exertion+") OR (MH "Sports+") OR (MH "Life Style, Sedentary") OR (MH "Yoga+") OR (MH "Tai Chi") ) OR TI ( exercise or "physical\* activ\*" or "strenuous activit\*" or "physical\* inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or "aerobic capacity" or fitness or weight\* n2 lift\* or (muscle or muscular or strength\*) n2 conditioning )

S2 ((MH "Pregnancy Complications+") OR (MH "Pregnancy Outcomes") OR (MH "Pregnancy Trimesters+") OR (MH "Labor+") OR (MH "Delivery, Obstetric+") OR (MH "Surgery, Obstetrical+")) OR TI pregnan\* OR MW pregnan\*

S3 (birth or pregnancy or childbirth) n3 (outcome\* or complication\*) or (spontaneous or induc\* or onset or length) n3 (labor or labour) or cesarean or caesarean or episiotom\* or "vaginal delivery" or "gestational diabetes" or "pre-eclampsia" or preeclampsia or gestosis OR (normal or instrumental or assisted) n2 (delivery or birth or childbirth) or forceps or ventouse or "vacuum extraction" or miscarriage\* or "spontaneous abortion\*" OR ( ("mode of delivery" or "type of delivery") and (pregnan\* or birth or childbirth or obstetric\* or labor or labour) ) OR (tear\* or ruptur\* or hemorrhage\*) n2 (placent\* or vagin\* or membran\* or periton\*)

S4 S2 OR S3

S5 S1 AND S4

S6 ( (MH "Pregnancy") OR (MH "Pregnancy Trimesters+") ) OR TI ( pregnan\* or trimester\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or "pre partum" or "ante partum" or "post partum" or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* ) OR MW ( antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\* )

S7 S1 and S6

S8 (pregnan\* or trimester\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or "pre partum" or "ante partum" or "post partum" or puerper\*) n5 (exercise or "physical\* activ\*" or "strenuous activit\*" or "physical\* inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or (weight\* n2 lift\*) or swim\* or sport\* or athlet\* or walk or walking or (muscle or muscular or strength\*) n2 conditioning)

S9 S7 or S8

S10 ((MH "Insulin+") OR (MH "Diabetes Mellitus+") OR (MH "Prediabetic State") OR (MH "Hemoglobin A, Glycosylated") ) OR ( insulin or glucose or "glycemic control" or "glycaemic control" or "blood sugar" or diabet\* or prediabet\* or hba1c or "glycosylated hemoglobin" or "glycosylated haemoglobin" or hyperglycemi\* or hyperglycaemi\* or hypoglycemi\* or hypoglycaemi\* or weight n3 (gain\* or change\* or loss or lose or retention) or bmi or "body mass index" or "body composition" or "skinfold thickness" or (hip or waist) n2 ratio or (waist or abdominal) n2 circumference or overweight or obes\* or adipos\* or underweight or "normal weight" or "healthy weight" or hypertension or hypotension or fainting or syncope or lightheaded\* or "light headed\*" or dizziness or "blood pressure" or toxemi\* or toxaemi\* or "eph complex" or proteinuria or edema or hemodynamic\* or haemodynamic\* or systolic or diastolic or cardiovascular or cardiometabolic or "cardio-metabolic" or metabolic or heart or cardio\* or cardiac or lipid\* or "placental growth factor\*" or triglyceride\* or ldl or hdl or lipoprotein or cholesterol )

S11 ((MH "Dehydration") OR (MH "Cardiovascular Diseases+") ) OR ( dehydrat\* or heart disease\* or "cardiovascular disease\*" )

S12 ((MH "Adaptation, Physiological") OR (MH "Body Temperature Regulation+") OR (MH "Physical Fitness+") OR (MH "Physical Endurance+") ) OR MW metabolism OR ( safe\* or harm\* or risk\* or fitness or "aerobic capacity" or "oxygen consumption" or "vo2 max" or vo2max or "vo2 peak" or vo2peak or frequency or intensity or duration or "dose response" or fitt or zone or type\* n2 exercise )

S13 ((MH "Chronic Disease") OR (MH "Urinary Incontinence+") OR (MH "Osteoporosis+") ) OR ( "chronic disease\*" or "chronic illness\*" or osteoporosis or incontinen\* )

S14 ((MH "Back Pain+") OR (MH "Pelvic Pain+") OR (MH "Muscle Cramp") ) OR ( cramp\* or (hip or back or pelvic or pelvis) n3 (pain or discomfort or ache) )

S15 ((MH "Mental Health") OR (MH "Mental Disorders+") OR (MH "Psychological Well-Being") OR (MH "Body Image") OR (MH "Self Concept")) OR ( "mental health" or "mental disorder\*" or "mental illness\*" or "mental disease\*" or depression or depressive or mood or anxiety or "well being" or wellbeing or wellness or "body image" or "self perception" )

S16 (MH "Fatigue") or fatigue or exhaustion or injur\* or trauma

S17 postur\* or supine or valsalva or "diastasis recti" or "rectus abdominis" or "inter rectus distance" or "interrectus distance"

S18 S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17

S19 S9 AND S18

S20 S5 OR S19

Sport Discus

S1 (birth or pregnancy or childbirth) n3 (outcome\* or complication\*) or (spontaneous or induc\* or onset or length) n3 (labor or labour) or cesarean or caesarean or episiotom\* or "vaginal delivery" or "gestational diabetes" or "pre-eclampsia" or preeclampsia or gestosis) OR (normal or instrumental or assisted) n2 (delivery or birth or childbirth) or forceps or ventouse or "vacuum extraction" or miscarriage\* or "spontaneous abortion\*" OR ( ("mode of delivery" or "type of delivery") and (pregnan\* or birth or childbirth or obstetric\* or labor or labour) ) OR (tear\* or ruptur\* or hemorrhage\*) n2 (placent\* or vagin\* or membran\* or periton\*) OR antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or "pre partum" or "ante partum" or "post partum" or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or pregnan\* or trimester\* or obstetric\*

S2 exercise or "physical\* activ\*" or "strenuous activit\*" or "physical\* inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or "aerobic capacity" or fitness or weight\* n2 lift\* or (muscle or muscular or strength\*) n2 conditioning

S3 S1 and S2

[Limited to Academic Journal, Dissertation, Report]

Child Development & Adolescent Studies

exercise or "physical\* activ\*" or "strenuous activit\*" or "physical\* inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or "aerobic capacity" or fitness or weight\* n2 lift\* or (muscle or muscular or strength\*) n2 conditioning

AND

pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or or trimester\* or obstetric\* or ( (birth or pregnancy or childbirth) n3 (outcome\* or complication\*) or (spontaneous or induc\* or onset or length) n3 (labor or labour) or cesarean or caesarean or episiotom\* or "vaginal delivery" or "gestational diabetes" or "pre-eclampsia" or preeclampsia or gestosis OR (normal or instrumental or assisted) n2 (delivery or birth or childbirth) or forceps or ventouse or "vacuum extraction" or miscarriage\* or "spontaneous abortion\*" OR ( ("mode of delivery" or "type of delivery") and (pregnan\* or birth or childbirth or obstetric\* or labor or labour) ) OR ( (tear\* or ruptur\* or hemorrhage\*) n2 (placent\* or vagin\* or membran\* or periton\*)

[Limitedto Academic Journal]

ERIC

exercise or "physical\* activ\*" or "strenuous activit\*" or "physical\* inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or "aerobic capacity" or fitness or weight\* n2 lift\* or (muscle or muscular or strength\*) n2 conditioning

AND

pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or or trimester\* or obstetric\* or ( (birth or pregnancy or childbirth) n3 (outcome\* or complication\*) or (spontaneous or induc\* or onset or length) n3 (labor or labour) or cesarean or caesarean or episiotom\* or "vaginal delivery" or "gestational diabetes" or "pre-eclampsia" or preeclampsia or gestosis OR (normal or instrumental or assisted) n2 (delivery or birth or childbirth) or forceps or ventouse or "vacuum extraction" or miscarriage\* or "spontaneous abortion\*" OR ( ("mode of delivery" or "type of delivery") and (pregnan\* or birth or childbirth or obstetric\* or labor or labour) ) OR ( (tear\* or ruptur\* or hemorrhage\*) n2 (placent\* or vagin\* or membran\* or periton\*)

[Limited to Academic Journals]

Scopus

(((TITLE-ABS-KEY(((birth or pregnancy or childbirth) w/3 (outcome\* or complication\*)) or ((spontaneous or induc\* or onset or length) w/3 (labor or labour)) or cesarean or caesarean or episiotom\* or "vaginal delivery" or "gestational diabetes" or "pre-eclampsia" or preeclampsia or gestosis OR ( (normal or instrumental or assisted) w/2 (delivery or birth or childbirth) or forceps or ventouse or "vacuum extraction" or miscarriage\* or "spontaneous abortion\*" ) OR (("mode of delivery" or "type of delivery") and (pregnan\* or birth or childbirth or obstetric\* or labor or labour) ) OR ( (tear\* or ruptur\* or hemorrhage\*) w/2 (placent\* or vagin\* or membran\* or periton\*)) OR antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or "pre partum" or "ante partum" or "post partum" or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or pregnan\* or obstetric\* or trimester\*))) AND (TITLE ( exercise\* OR "physical\* activ\*" OR "strenuous activit\*" OR "physical inactiv\*" OR sedentary OR running OR plyometric\* OR yoga OR "tai chi" OR "weight training" OR "resistance training" OR swim\* OR sport\* OR athlet\* OR walk OR walking OR "muscle strengthening" OR "muscle conditioning" OR "muscular conditioning" OR "weight lifting" OR "lifting weight\*" ))) OR ((TITLE-ABS-KEY((insulin or glucose or "glycemic control" or "glycaemic control" or "blood sugar" or diabet\* or prediabet\* or hba1c or "glycosylated hemoglobin" or "glycosylated haemoglobin" or hyperglycemi\* or hyperglycaemi\* or hypoglycemi\* or hypoglycaemi\* or (weight w/3 (gain\* or change\* or loss or lose or retention)) or bmi or "body mass index" or "body composition" or "skinfold thickness" or ((hip or waist) w/2 ratio) or ((waist or abdominal) w/2 circumference) or overweight or obes\* or adipos\* or underweight or "normal weight" or "healthy weight" or hypertension or hypotension or fainting or syncope or lightheaded\* or "light headed\*" or dizziness or "blood pressure" or toxemi\* or toxaemi\* or "eph complex" or proteinuria or edema or hemodynamic\* or haemodynamic\* or systolic or diastolic or cardiovascular or cardiometabolic or "cardio-metabolic" or metabolic or heart or cardio\* or cardiac or lipid\* or "placental growth factor\*" or triglyceride\* or ldl or hdl or lipoprotein or cholesterol or dehydrat\* or heart disease\* or "cardiovascular disease\*" or safe\* or harm\* or risk\* or fitness or "aerobic capacity" or "oxygen consumption" or "vo2 max" or vo2max or "vo2 peak" or vo2peak or frequency or intensity or duration or "dose response" or fitt or zone or (type\* w/2 exercise) or "chronic disease\*" or "chronic illness\*" or osteoporosis or incontinen\* or cramp\* or ((hip or back or pelvic or pelvis) w/3 (pain or discomfort or ache)) or "mental health" or "mental disorder\*" or "mental illness\*" or "mental disease\*" or depression or depressive or mood or anxiety or "well being" or wellbeing or wellness or fatigue or exhaustion or injur\* or trauma or postur\* or supine or valsalva or "diastasis recti" or "rectus abdominis" or "inter rectus distance" or "interrectus distance"))) AND (((TITLE(exercise\* or "physical\* activ\*" or "strenuous activit\*" or "physical inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or swim\* or sport\* or athlet\* or walk or walking OR "muscle strengthening" or "muscle conditioning" or "muscular conditioning" or "weight lifting" or "lifting weight\*") AND TITLE-ABS-KEY(pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or "pre partum" or "ante partum" or "post partum" or puerper\*)) AND (TITLE-ABS-KEY ( pregnan\* OR antenatal OR prenatal OR perinatal OR postnatal OR prepartum OR antepartum OR postpartum OR "pre partum" OR "ante partum" OR "post partum" OR puerper\* ))))) AND NOT (TITLE(rat or rats or mouse or mice or cow or cows or bovine or sheep or ewe\*))

Web of Science Core Collection (including Emerging Science Citation Index)

#1 TI=(exercise\* or "physical\* activ\*" or "strenuous activit\*" or "physical inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or swim\* or sport\* or athlet\* or walk or walking or (muscle\* or muscular or strength) near/2 conditioning or weight\* near/2 lift\*)

#2 TS=(pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or "pre partum" or "ante partum" or "post partum" or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*)

#3 #1 AND #2

#4 TS=(insulin or glucose or "glycemic control" or "glycaemic control" or "blood sugar" or diabet\* or prediabet\* or hba1c or "glycosylated hemoglobin" or "glycosylated haemoglobin" or hyperglycemi\* or hyperglycaemi\* or hypoglycemi\* or hypoglycaemi\* or (weight near/3 (gain\* or change\* or loss or lose or retention)) or bmi or "body mass index" or "body composition" or "skinfold thickness" or ((hip or waist) near/2 ratio) or ((waist or abdominal) near2 circumference) or overweight or obes\* or adipos\* or underweight or "normal weight" or "healthy weight" or hypertension or hypotension or fainting or syncope or lightheaded\* or "light headed\*" or dizziness or "blood pressure" or toxemi\* or toxaemi\* or "eph complex" or proteinuria or edema or hemodynamic\* or haemodynamic\* or systolic or diastolic or cardiovascular or cardiometabolic or "cardio-metabolic" or metabolic or heart or cardio\* or cardiac or lipid\* or "placental growth factor\*" or triglyceride\* or ldl or hdl or lipoprotein or cholesterol or dehydrat\* or heart disease\* or "cardiovascular disease\*" or safe\* or harm\* or risk\* or fitness or "aerobic capacity" or "oxygen consumption" or "vo2 max" or vo2max or "vo2 peak" or vo2peak or frequency or intensity or duration or "dose response" or fitt or zone or (type\* near2 exercise) or "chronic disease\*" or "chronic illness\*" or osteoporosis or incontinen\* or cramp\* or ((hip or back or pelvic or pelvis) near/3 (pain or discomfort or ache)) or "mental health" or "mental disorder\*" or "mental illness\*" or "mental disease\*" or depression or depressive or mood or anxiety or "well being" or wellbeing or wellness or fatigue or exhaustion or injur\* or traumaor postur\* or supine or valsalva or "diastasis recti" or "rectus abdominis" or "inter rectus distance" or "interrectus distance")

#5 #3 AND #4

#6 TS=((birth or pregnancy or childbirth) near/3 (outcome\* or complication\*) or (spontaneous or induc\* or onset or length) near/3 (labor or labour) or cesarean or caesarean or episiotom\* or "vaginal delivery" or "gestational diabetes" or "pre-eclampsia" or preeclampsia or gestosis OR (normal or instrumental or assisted) near/2 (delivery or birth or childbirth) or forceps or ventouse or "vacuum extraction" or miscarriage\* or "spontaneous abortion\*" OR ("mode of delivery" or "type of delivery") and (pregnan\* or birth or childbirth or obstetric\* or labor or labour) OR (tear\* or ruptur\* or hemorrhage\*) near/2 (placent\* or vagin\* or membran\* or periton\*))

#7 #1 AND #6

#8 #5 OR #7

#9 TS=(rat or rats or mouse or mice or cow or cows or bovine or sheep or ewe\*)

#10 #9 NOT #8

Clinicatrials.gov

(exercise OR "physical activity" ) AND (antenatal OR prenatal OR perinatal OR postnatal OR prepartum OR antepartum OR postpartum OR "pre partum" OR fetus OR foetus OR fetal OR foetal)

(exercise OR "physical activity" ) AND ("ante partum" OR "post partum" OR puerper\* OR primigravida OR primiparous OR multiparous OR nulliparous OR multigravida OR trimester OR trimesters OR obstetric)

*Fetal Outcomes Strategies*

MEDLINE

1. exp Exercise/ or Athletes/ or exp Exercise Movement Techniques/ or exp Exercise Therapy/ or exp Sports/ or Motor Activity/ or Physical Exertion/ or Sedentary Lifestyle/ or (exercise or physical\* activ\* or physical\* inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity or fitness).ti,kf. or exercise.ab. /freq=2 or (weight\* adj2 lift\*).ti,kf. or ((muscle or muscular or strength\*) adj2 conditioning).ti,kf.

2. Pregnancy/ or exp Pregnancy Complications/ or Pregnancy Outcome/ or exp Pregnancy Trimesters/ or Peripartum Period/ or Postpartum Period/ or pregnan\*.hw. or (pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*).ti,kf.

3. 1 and 2

4. ((pregnan\* or maternal or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or puerper\* or pre partum or ante partum or post partum) adj5 (exercise or physical\* activ\* or strenuous activit\* or physical\* inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or (weight\* adj2 lift\*) or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity or fitness or ((muscle or muscular or strength\*) adj2 conditioning))).ab.

5. 3 or 4

6. exp birth weight/ or fetal weight/

7. infant, low birth weight/ or infant, small for gestational age/ or exp infant, very low birth weight/ or infant, postmature/ or exp infant, premature/

8. ((preterm or pre matur\* or prematur\* or post matur\* or postmatur\*) adj2 birth).mp.

9. Fetal Growth Retardation/ or fetal hypoxia/ or fetal macrosomia/

10. exp Fetal Development/ or exp Congenital Abnormalities/ or exp Fetus/ or (f?etus or f?etal).ti,hw,kf.

11. maternal fetal exchange/ or (exp Uterus/ and exp Regional Blood Flow/) or (placenta\* or uteroplacenta\* or ((maternal f?etal or f?etomaternal or transplacental) adj2 (transfusion or exchange))).mp.

12. ((f?etal or f?etus) adj2 (response or matur\*)).mp.

13. ((f?etal or f?etus or neonat\* or newborn or infant) adj3 (growth or develop\* or viability or viable or weight or wellbeing or well being or health or heart rate or heartrate or bradycardia or hypoxi\* or hypoglyc?emi\* or movement or oxygenation)).mp.

14. (((uterine or uterus) adj2 (blood flow or circulat\*)) or ((uterine or umbilical or mid\* cerebral) adj2 doppler)).mp.

15. (intrauterine growth or iugr).mp.

16. ((perinatal or f?etal or f?etus or neonat\* or newborn\* or infant\*) adj3 (mortality or morbidity or death or outcome\* or complication\*)).mp.

17. (still birth or stillbirth).mp.

18. (birth weight or birthweight or macrosomia or gestational age or lga or sga or preterm or (prematur\* adj2 (infant\* or neonat\* or newborn\* or birth or labo?r))).mp.

19. ((neonatal or newborn\* or infant\* or f?etus or f?etal) and (fat\* or abdominal circumference or body composition or bmi or body mass index or waist circumference or skeletal size or height or anthropometric\* or apgar or adipos\* or ph or base excess or metabolic or acidosis or insulin or diabet\* or hyperbilirubin?emi\*)).mp.

20. (f?etus or f?etal).mp. and (adaptation, physiological/ or me.fs.)

21. (((birth or delivery) adj3 (trauma or injur\* or defect\*)) or (dystocia or nicu or neonatal intensive care or brachial plexus)).mp.

22. exp Birth Injuries/

23. ((neonat\* or infant\* or newborn\*) and (ponderal index or skinfold or bmi or body mass index)).mp.

24. Cerebral Palsy/ or exp Neural Tube Defects/ or Cleft Palate/ or (cerebral palsy or neural tube defect\* or spina bifida or anencephal\* or encephalocele\* or iniencephal\* or spinal dyraphism or diastematomyel\* or lipomingocele\* or lipmyelomeningocele\* or meningomyelocele\* or cleft palate\* or cleft lip\*).mp.

25. (((development\* or learning or intellectual\* or cognitive\* or language or communication or speech or motor) adj2 (disorder\* or disab\* or delay\*)) or behavio?r disorder\* or attention deficit or autis\* or asperger\* or child development or developmental milestone\* or neurodevelopment\* or cognitive development or motor development or motor skill\* or psychosocial development or chronic disease\* or chronic illness\* or cardiovascular or cardiometabolic or diabet\* or heart disease\*).mp. or exp Heart Disease/ or exp Mental Disorders Diagnosed in Childhood/

26. Pediatric Obesity/ or ((child\* or p?ediatric) adj2 (obes\* or overweight)).mp.

27. or/6-25

28. 5 and 27

29. (animals/ not (animals/ and humans/)) or ((rat or rats or mouse or mice or cow or cows or bovine or sheep or ewe\*) not ((rat or rats or mouse or mice or cow or cows or bovine or cattle or sheep or ewe\*) and (human\* or women))).ti,ab,kf. or (rat or rats or mouse or mice or cow or cows or bovine or cattle or sheep or ewe\*).ti.

30. 28 not 29

EMBASE

1. exp \*exercise/ or \*athlete/ or exp \*kinesiotherapy/ or exp \*sport/ or exp \*physical activity/ or \*sedentary lifestyle/ or (exercise or physical\* activ\* or physical\* inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity or fitness or sport\*).ti,kw. or exercise.ab. /freq=2 or (weight\* adj2 lift\*).ti,kw. or ((muscle or muscular or strength\*) adj2 conditioning).ti,kw.

2. exp pregnancy/ or exp pregnancy complications/ or pregnancy outcome/ or perinatal period/ or puerperium/ or pregnan\*.hw. or (pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*).ti,kw.

3. 1 and 2

4. ((pregnan\* or maternal or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\*) adj5 (exercise or physical\* activ\* or strenuous activit\* or physical\* inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or (weight\* adj2 lift\*) or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity or fitness or ((muscle or muscular or strength\*) adj2 conditioning))).ab.

5. 3 or 4

6. fetus/ or exp birth weight/ or fetus weight/ or "parameters concerning the fetus, newborn and pregnancy"/ or apgar score/ or fetus heart rate/ or exp fetus maturity/ or fetus mortality/ or fetus outcome/ or fetus risk/ or gestational age/ or live birth/ or exp perinatal morbidity/ or exp perinatal mortality/ or prenatal mortality/ or exp intrauterine growth retardation/ or exp "immature and premature labor"/ or exp fetus growth/ or exp prenatal growth/ or fetus hypoxia/ or macrosomia/ or exp fetus development/ or exp congenital disorder/ or exp fetus disease/ or fetomaternal transfusion/ or exp stillbirth/ or spontaneous abortion/ or birth injury/ or cerebral palsy/ or exp neural tube defect/ or child development/ or postnatal development/ or exp mental development/ or childhood obesity/ or exp body composition/ or anthropometric parameters/ or abdominal circumference/ or hip circumference/ or sagittal abdominal diameter/ or waist circumference/ or waist hip ratio/ or waist to height ratio/ or weight height ratio/

7. placenta insufficiency/

8. 6 or 7

9. (f?etus or f?etal).ti,hw,kw. or ((f?etal or f?etus) adj2 (response or matur\*)).mp.

10. (placenta\* or uteroplacenta\* or ((maternal f?etal or transplacental or f?etomaternal) adj2 (exchange or transfusion))).mp.

11. ((f?etal or f?etus or neonat\* or newborn or infant) adj3 (growth or develop\* or viability or viable or weight or wellbeing or well being or health or heart rate or heartrate or bradycardia or hypoxi\* or hypoglyc?emi\* or movement or oxygenation)).mp.

12. (((uterine or uterus) adj2 (blood flow or circulat\*)) or ((uterine or umbilical or mid\* cerebral) adj2 doppler)).mp.

13. (intrauterine growth or iugr).mp.

14. ((perinatal or f?etal or f?etus or neonat\* or newborn\* or infant\*) adj3 (mortality or death or outcome\* or complication\*)).mp.

15. (still birth or stillbirth).mp.

16. (birth weight or birthweight or macrosomia or gestational age or lga or sga or preterm or (prematur\* adj2 (infant\* or neonat\* or newborn\* or birth or labo?r))).mp.

17. ((neonatal or newborn\* or infant\* or f?etus or f?etal) and (fat\* or abdominal circumference or body composition or bmi or body mass index or waist circumference or skeletal size or height or anthropometric\* or apgar or adipos\* or ph or base excess or metabolic or acidosis or insulin or diabet\* or hyperbilirubin?emi\*)).mp.

18. (((birth or delivery) adj3 (trauma or injur\* or defect\*)) or (dystocia or nicu or neonatal intensive care or brachial plexus)).mp.

19. ((neonat\* or infant\* or newborn\*) and (ponderal index or skinfold or bmi or body mass index)).mp.

20. (cerebral palsy or neural tube defect\* or spina bifida or anencephal\* or encephalocele\* or iniencephal\* or spinal dyraphism or diastematomyel\* or lipomingocele\* or lipmyelomeningocele\* or meningomyelocele\* or cleft palate\* or cleft lip\*).mp.

21. (((development\* or learning or intellectual\* or cognitive\* or language or communication or speech or motor) adj2 (disorder\* or disab\* or delay\* or impair\*)) or behavio?r disorder\* or attention deficit or autis\* or asperger\* or child development or developmental milestone\* or neurodevelopment\* or cognitive development or motor development or motor skill\* or psychosocial development or chronic disease\* or chronic illness\* or cardiovascular or cardiometabolic or diabet\* or heart disease\*).mp. or childhood disease/ or exp infant disease/ or exp "disorders of higher cerebral function"/ or exp heart disease/

22. ((child\* or p?ediatric) adj2 (obes\* or overweight)).mp.

23. or/9-22

24. 8 or 23

25. 5 and 24

26. exp animal/ not (exp animal/ and human/)

27. 25 not 26

PsycInfo

1. physical activity/ or exp exercise/ or activity level/ or athletes/ or exp sports/ or ((exercise or physical\* activ\* or strenuous activit\* or physical\* inactiv\* or sedentary or running or plyometric\* or yoga or tai chi or weight training or resistance training or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or aerobic capacity).ti,ab,id. or ((weight\* adj2 lift\*) or ((muscle or muscular or strength\*) adj2 conditioning))).ti,ab,id.

2. exp pregnancy/ or obstetrical complications/ or pregnancy outcomes/ or pregnan\*.ti,hw,id. or (antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*).ti,ab,id.

3. 1 and 2

4. prenatal development/ or birth weight/ or prenatal exposure/ or premature birth/ or fetus/ or amniotic fluid/ or (blood flow/ and uterus/)

5. (f?etus or f?etal or ((preterm or pre matur\* or prematur\* or post matur\* or postmatur\*) adj2 birth)).mp.

6. (placenta\* or uteroplacenta\* or ((maternal f?etal or f?etomaternal or transplacental) adj2 (transfusion or exchange))).mp.

7. ((neonat\* or newborn or infant) adj3 (growth or develop\* or viability or viable or weight or wellbeing or well being or health or heart rate or heartrate or bradycardia or hypoxi\* or hypoglyc?emi\* or movement or oxygenation)).mp.

8. (((uterine or uterus) adj2 (blood flow or circulat\*)) or ((uterine or umbilical or mid\* cerebral) adj2 doppler)).mp.

9. (intrauterine growth or iugr).mp.

10. ((perinatal or f?etal or f?etus or neonat\* or newborn\* or infant\*) adj3 (mortality or morbidity or death or outcome\* or complication\*)).mp.

11. (still birth or stillbirth).mp.

12. (birth weight or birthweight or macrosomia or gestational age or lga or sga or preterm or (prematur\* adj2 (infant\* or neonat\* or newborn\* or birth or labo?r))).mp.

13. ((neonatal or newborn\* or infant\* or f?etus or f?etal) and (fat\* or abdominal circumference or body composition or bmi or body mass index or waist circumference or skeletal size or height or anthropometric\* or apgar or adipos\* or ph or base excess or metabolic or acidosis or insulin or diabet\* or hyperbilirubin?emi\*)).mp.

14. (((birth or delivery) adj3 (trauma or injur\* or defect\*)) or (dystocia or nicu or neonatal intensive care or brachial plexus)).mp.

15. birth injuries/ or birth trauma/

16. ((neonat\* or infant\* or newborn\*) and (ponderal index or skinfold or bmi or body mass index)).mp.

17. exp congenital disorders/ or cerebral palsy/ or cleft palata/ or (cerebral palsy or neural tube defect\* or spina bifida or anencephal\* or encephalocele\* or iniencephal\* or spinal dyraphism or diastematomyel\* or lipomingocele\* or lipmyelomeningocele\* or meningomyelocele\* or cleft palate\* or cleft lip\*).mp.

18. exp developmental disabilities/ or exp communication disorders/ or exp delayed development/ or exp intellectual development disorder/ or exp learning disorders/ or exp nervous system disorders/ or exp pervasive developmental disorders/

19. (((development\* or learning or intellectual\* or cognitive\* or language or communication or speech or motor) adj2 (disorder\* or disab\* or delay\*)) or behavio?r disorder\* or attention deficit or autis\* or asperger\* or child development or developmental milestone\* or neurodevelopment\* or cognitive development or motor development or motor skill\* or psychosocial development or chronic disease\* or chronic illness\* or cardiovascular or cardiometabolic or diabet\* or heart disease\*).mp. or health disorders/

20. ((child\* or p?ediatric) adj2 (obes\* or overweight)).mp.

21. or/4-20

22. 3 and 21

23. first posting.ps.

24. 22 not 23

25. limit 24 to human

26. 22 not 24

27. 25 or 26

CINAHL

S1 ( (MH "Exercise+") OR (MH "Athletes+") OR (MH "Therapeutic Exercise+") OR (MH "Physical Fitness+") OR (MH "Physical Activity") OR (MH "Physical Endurance+") OR (MH "Exertion+") OR (MH "Sports+") OR (MH "Life Style, Sedentary") OR (MH "Yoga+") OR (MH "Tai Chi") ) OR TI ( exercise or "physical\* activ\*" or "strenuous activit\*" or "physical\* inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or "aerobic capacity" or fitness or weight\* n2 lift\* or (muscle or muscular or strength\*) n2 conditioning )

S2 ( (MH "Pregnancy") OR (MH "Pregnancy Complications+") OR (MH "Pregnancy Outcomes") OR (MH "Pregnancy Trimesters+") OR (MH "Postnatal Period") OR (MH "Puerperium") ) OR MW pregnan\* OR TI ( pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\* )

S3 S1 AND S2

S4 AB ((pregnan\* or maternal or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or puerper\* or "pre partum" or "ante partum" or "post partum") n5 (exercise or "physical\* activ\*" or "strenuous activit\*" or "physical\* inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or weight\* n2 lift\* or "lift\* weight\*" or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or "aerobic capacity" or fitness or (muscle or muscular or strength\*) n2 conditioning)

S5 S3 OR S4

S6 (MH "Birth Weight") OR (MH "Infant, Very Low Birth Weight") OR (MH "Infant, Low Birth Weight+") OR (MH "Fetal Weight") OR (MH "Infant, Small for Gestational Age") OR (MH "Infant, Premature") OR (MH "Infant, Premature, Diseases+") OR (MH "Fetal Growth Retardation") OR (MH "Fetal Anoxia") OR (MH "Fetal Macrosomia") OR (MH "Infant, Postmature") OR (MH "Infant, Large for Gestational Age") OR (MH "Fetus+") OR (MH "Maternal-Fetal Exchange") OR (MH "Perinatal Death") OR (MH "Birth Injuries+") OR (MH "Cerebral Palsy") OR (MH "Neural Tube Defects+") OR (MH "Cleft Palate") OR (MH "Heart Diseases+") OR (MH "Mental Disorders Diagnosed in Childhood+") OR (MH "Pediatric Obesity")

S7 (MH "Uterus+") AND (MH "Blood Circulation+")

S8 ( TI (f#etus or f#etal) or MW (f#etus OR f#etal OR ( placenta\* or uteroplacenta\* or ("maternal f#etal" or f#etomaternal or transplacental) w2 (transfusion or exchange) or (f#etal or f#etus) w2 (response or matur\*) )

S9 ( (f#etal or f#etus or neonat\* or newborn or infant) n3 (growth or develop\* or viability or viable or weight or wellbeing or "well being" or health or "heart rate" or heartrate or bradycardia or hypoxi\* or hypoglyc#emi\* or movement or oxygenation) ) OR ( (uterine or uterus) n2 ("blood flow" or circulat\*) or (uterine or umbilical or mid\* cerebral) n2 doppler ) OR ( "intrauterine growth" or iugr )

S10 ( (perinatal or f#etal or f#etus or neonat\* or newborn\* or infant\*) n3 (mortality or morbidity or death or outcome\* or complication\*) ) OR ( "still birth" or stillbirth or (preterm or "pre matur\*" or prematur\* or "post matur\*" or postmatur\*) w2 (birth or childbirth or labo#r or infant\* or newborn\* or neonat\*) ) OR ( "birth weight" or birthweight or macrosomia or "gestational age" or lga or sga )

S11 ( (perinatal or f#etal or f#etus or neonat\* or newborn\* or infant\*) n3 (mortality or morbidity or death or outcome\* or complication\*) ) OR ( "still birth" or stillbirth or (preterm or pre matur\* or prematur\* or post matur\* or postmatur\*) w2 (birth or childbirth or labo#r or infant\* or newborn\* or neonat\*) ) OR ( "birth weight" or birthweight or macrosomia or gestational age or lga or sga ) OR ( (neonatal or newborn\* or infant\* or fetus or fetal or foetus or foetal) and (fat\* or "abdominal circumference" or "body composition" or bmi or "body mass index" or "waist circumference" or "skeletal size" or height or anthropometric\* or apgar or adipos\* or ph or base n2 excess or metabolic or acidosis or insulin or diabet\* or hyperbilirubin#emi\*) )

S12 ( (MH "Adaptation, Physiological") OR MM metabolism ) AND ( f#etus or f#etal )

S13 ( (birth or delivery) n3 (trauma or injur\* or defect\*) or dystocia or nicu or "neonatal intensive care" or "brachial plexus" ) OR ( (neonat\* or infant\* or newborn\*) and (ponderal index or skinfold or bmi or body mass index) ) OR ( "cerebral palsy" or "neural tube defect\*" or "spina bifida" or anencephal\* or encephalocele\* or iniencephal\* or "spinal dyraphism" or diastematomyel\* or lipomingocele\* or lipmyelomeningocele\* or meningomyelocele\* or "cleft palate\*" or "cleft lip\*" )

S14 ( (development\* or learning or intellectual\* or cognitive\* or language or communication or speech or motor) n2 (disorder\* or disab\* or delay\*) ) OR ( "behavio#r disorder\*" or "attention deficit" or autis\* or asperger\* or "child development" or "developmental milestone\*" or neurodevelopment\* or "cognitive development" or "motor development" or "motor skill\*" or "psychosocial development" or "chronic disease\*" or "chronic illness\*" or cardiovascular or cardiometabolic or diabet\* or "heart disease\*" ) OR ( (child\* or p#ediatric) n2 (obes\* or overweight) )

S15 S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14

S16 S5 AND S15

Sport Discus/Child Development & Adolescent Studies/ERIC

S1 exercise or "physical\* activ\*" or "strenuous activit\*" or "physical\* inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or swim\* or sport\* or athlet\* or walk or walking or mvpa or ltpa or stretching or "aerobic capacity" or fitness or weight\* n2 lift\* or (muscle or muscular or strength\*) n2 conditioning

S2 pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or "pre partum" or "ante partum" or "post partum" or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*

S3 S1 and S2

S4 ( f#etus or f#etal or ( placenta\* or uteroplacenta\* or ("maternal f#etal" or f#etomaternal or transplacental) w2 (transfusion or exchange) or (f#etal or f#etus) w2 (response or matur\*) ) ) OR ( (f#etal or f#etus or neonat\* or newborn or infant) n3 (growth or develop\* or viability or viable or weight or wellbeing or "well being" or health or heart rate or heartrate or bradycardia or hypoxi\* or hypoglyc#emi\* or movement or oxygenation) ) OR ( (uterine or uterus) n2 ("blood flow" or "blood circulat\*") or (uterine or umbilical or mid\* cerebral) n2 doppler or "intrauterine growth" or iugr )

S5 ( (perinatal or f#etal or f#etus or neonat\* or newborn\* or infant\*) n3 (mortality or morbidity or death or outcome\* or complication\*) ) OR ( "still birth" or stillbirth or (preterm or "pre matur\*" or prematur\* or "post matur\*" or postmatur\*) w2 (birth or childbirth or labo#r or infant\* or newborn\* or neonat\*) ) OR ( “birth weight" or birthweight or macrosomia or "gestational age" or lga or sga ) OR ( (neonatal or newborn\* or infant\* or f#etus or f#etal) and (fat\* or "abdominal circumference" or "body composition" or bmi or "body mass index" or "waist circumference" or "skeletal size" or height or anthropometric\* or apgar or adipos\* or ph or base n2 excess or metabolic or acidosis or insulin or diabet\* or hyperbilirubin#emi\*) )

S6 ( birth or delivery) n3 (trauma or injur\* or defect\*) or dystocia or nicu or "neonatal intensive care" or "brachial plexus" ) OR ( (neonat\* or infant\* or newborn\*) and ("ponderal index" or skinfold or bmi or body mass index) ) OR ( "cerebral palsy" or "neural tube defect\*" or "spina bifida" or anencephal\* or encephalocele\* or iniencephal\* or "spinal dyraphism" or diastematomyel\* or lipomingocele\* or lipmyelomeningocele\* or meningomyelocele\* or "cleft palate\*" or "cleft lip\*" )

S7 ( (development\* or learning or intellectual\* or cognitive\* or language or communication or speech or motor) n2 (disorder\* or disab\* or delay\*) ) OR ( "behavio#r disorder\*" or "attention deficit" or autis\* or asperger\* or "child development" or "developmental milestone\*" or neurodevelopment\* or "cognitive development" or "motor development" or "motor skill\*" or "psychosocial development" or "chronic disease\*" or "chronic illness\*" or cardiovascular or cardiometabolic or diabet\* or "heart disease\*" ) OR ( (child\* or p#ediatric) n2 (obes\* or overweight) )

S8 S4 OR S5 OR S6 OR S7

S9 S3 AND S8

Scopus

((TITLE-ABS-KEY( fetus or fetal or foetus or foetal or "intrauterine growth" or iugr) OR TITLE-ABS-KEY((placenta\* or uteroplacenta\* or "maternal fetal" or "maternal foetal" or fetomaternal or foetomaternal or transplacental) w/2 transfusion)) or (TITLE-ABS-KEY((fetal or foetal or fetus or foetus) w/2 (response or matur\*))) or (TITLE-ABS-KEY ( ( ( uterine OR uterus ) W/2 ( "blood flow" OR circulat\* ) ) OR ( ( uterine OR umbilical OR "mid\* cerebral" ) W/2 doppler ) OR "intrauterine growth" OR iugr )) or (TITLE-ABS-KEY((fetal or foetal or fetus or foetus or neonat\* or newborn or infant) and (growth or develop\* or viability or viable or weight or wellbeing or "well being" or health or heart rate or heartrate or bradycardia or hypoxi\* or hypoglycemi\* or hypoglycaemi\* or movement or oxygenation))) or (TITLE-ABS-KEY("still birth" or stillbirth or ((preterm or "pre matur\*" or prematur\* or "post matur\*" or postmatur\*) w/2 (birth or childbirth or labor or labour or infant\* or newborn\* or neonat\*))) OR TITLE-ABS-KEY(( "birth weight" or birthweight or macrosomia or "gestational age" or lga or sga ) ) OR TITLE-ABS-KEY(((neonatal or newborn\* or infant\* or fetus or fetal or foetus or foetal) and (fat\* or "abdominal circumference" or "body composition" or bmi or "body mass index" or "waist circumference" or "skeletal size" or height or anthropometric\* or apgar or adipos\* or ph or "base excess" or metabolic or acidosis or insulin or diabet\* or hyperbilirubinemi\* or hyperbilirubinaemi\*)))) or (TITLE-ABS-KEY((perinatal or fetal or fetus or foetal or foetus or neonat\* or newborn\* or infant\*) W/3 (mortality or morbidity or death or outcome\* or complication\*) )) or (TITLE-ABS-KEY((( birth or delivery) w/3 (trauma or injur\* or defect\*)) or dystocia or nicu or "neonatal intensive care" or "brachial plexus" ) OR TITLE-ABS-KEY(( (neonat\* or infant\* or newborn\*) and ("ponderal index" or skinfold or bmi or body mass index) ) ) OR TITLE-ABS-KEY("cerebral palsy" or "neural tube defect\*" or "spina bifida" or anencephal\* or encephalocele\* or iniencephal\* or "spinal dyraphism" or diastematomyel\* or lipomingocele\* or lipmyelomeningocele\* or meningomyelocele\* or "cleft palate\*" or "cleft lip" )) or (TITLE-ABS-KEY(( (development\* or learning or intellectual\* or cognitive\* or language or communication or speech or motor) w/2 (disorder\* or disab\* or delay\*) )) OR TITLE-ABS-KEY("behavior disorder\*" or "behaviour disorder\*" or "attention deficit" or autis\* or asperger\* or "child development" or "developmental milestone\*" or neurodevelopment\* or "cognitive development" or "motor development" or "motor skill\*" or "psychosocial development" or "chronic disease\*" or cardiovascular or cardiometabolic or diabet\* or "heart disease\*") OR TITLE-ABS-KEY(( (child\* or pediatric or paediatric) w/2 (obes\* or overweight) )))) and ((TITLE( exercise\* OR "physical\* activ\*" OR "strenuous activit\*" OR "physical inactiv\*" OR sedentary OR running OR plyometric\* OR yoga OR "tai chi" OR "weight training" OR "resistance training" OR swim\* OR sport\* OR athlet\* OR walk OR walking OR "muscle strengthening" OR "muscle conditioning" OR "muscular conditioning" OR "weight lifting" OR "lifting weight\*" )) AND (TITLE-ABS-KEY ( pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or "pre partum" or "ante partum" or "post partum" or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*))) AND NOT TITLE-ABS-KEY(rat or rats or mouse or mice or cow or cows or bovine or cattle or sheep or ewe\*)

Web of Science Core Collection (including Emerging Sources Citation Index)

#1 TI=(exercise\* or "physical\* activ\*" or "strenuous activit\*" or "physical inactiv\*" or sedentary or running or plyometric\* or yoga or "tai chi" or "weight training" or "resistance training" or swim\* or sport\* or athlet\* or walk or walking or (muscle\* or muscular or strength) near/2 conditioning or weight\* near/2 lift\*)

#2 TS=(pregnan\* or antenatal or prenatal or perinatal or postnatal or prepartum or antepartum or postpartum or pre partum or ante partum or post partum or puerper\* or primigravid\* or primiparous or multiparous or nulliparous or multigravid\* or trimester\* or obstetric\*)

#3 #1 AND #2

#4 TI=(f$etus or f$etal) or TS=(placenta\* or uteroplacenta\* or ("maternal f$etal" or f$etomaternal or transplacental) near/2 (transfusion or exchange) or (f$etal or f$etus) near/2 (response or matur\*) )

#5 TS=((f$etal or f$etus or neonat\* or newborn or infant) near/3 (growth or develop\* or viability or viable or weight or wellbeing or "well being" or health or "heart rate" or heartrate or bradycardia or hypoxi\* or hypoglyc$emi\* or movement or oxygenation) OR (uterine or uterus) near/2 ("blood flow" or "circulat\*") or ((uterine or umbilical or "mid\* cerebral") near/2 doppler) OR "intrauterine growth" or iugr )

#6 TS=( (perinatal or f$etal or f$etus or neonat\* or newborn\* or infant\*) near/3 (mortality or morbidity or death or outcome\* or complication\*) OR "still birth" or stillbirth OR "birth weight" or birthweight or macrosomia or "gestational age" or lga or sga )

#7 TS=( (perinatal or f$etal or f$etus or neonat\* or newborn\* or infant\*) near/3 (mortality or morbidity or death or outcome\* or complication\*) OR "still birth" or stillbirth or (preterm or "pre matur\*" or prematur\* or "post matur\*" or postmatur\*) near/2 (birth or childbirth or labo$r or infant\* or newborn\* or neonat\*) OR "birth weight" or birthweight or macrosomia or gestational age or lga or sga OR (neonatal or newborn\* or infant\* or f$etus or f$etal) and (fat\* or "abdominal circumference" or "body composition" or bmi or "body mass index" or "waist circumference" or "skeletal size" or height or anthropometric\* or apgar or adipos\* or ph or base near/2 excess or metabolic or acidosis or insulin or diabet\* or hyperbilirubin$emi\*))

#8 TS=((birth or delivery) near/3 (trauma or injur\* or defect\*) or dystocia or nicu or "neonatal intensive care" or "brachial plexus" OR ( (neonat\* or infant\* or newborn\*) and (ponderal index or skinfold or bmi or body mass index) ) OR "cerebral palsy" or "neural tube defect\*" or "spina bifida" or anencephal\* or encephalocele\* or iniencephal\* or "spinal dyraphism" or diastematomyel\* or lipomingocele\* or lipmyelomeningocele\* or meningomyelocele\* or "cleft palate\*" or "cleft lip\*" )

#9 TS=( (development\* or learning or intellectual\* or cognitive\* or language or communication or speech or motor) near/2 (disorder\* or disab\* or delay\*) OR "behavio$r disorder\*" or "attention deficit" or autis\* or asperger\* or "child development" or "developmental milestone\*" or neurodevelopment\* or "cognitive development" or "motor development" or "motor skill\*" or "psychosocial development" or "chronic disease\*" or "chronic illness\*" or cardiovascular or cardiometabolic or diabet\* or "heart disease\*" OR (child\* or p$ediatric) near/2 (obes\* or overweight) )

#10 #9 OR #8 OR #7 OR #6 OR #5 OR #4

#11 #3 AND #10

#12 TS=(rat or rats or mouse or mice or cow or cows or bovine or cattle or sheep or ewe\*)

#13 #11 NOT #12

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(exercise OR "physical activity" ) AND (antenatal OR prenatal OR perinatal OR postnatal OR prepartum OR antepartum OR postpartum OR "pre partum" OR fetus OR foetus OR fetal OR foetal)

(exercise OR "physical activity" ) AND ("ante partum" OR "post partum" OR puerper\* OR primigravida OR primiparous OR multiparous OR nulliparous OR multigravida OR trimester OR trimesters OR obstetric)

TRIP

title(exercise OR "physical activity" ) AND title(pregnan\* or antenatal OR prenatal OR perinatal OR postnatal OR prepartum OR antepartum OR postpartum OR "pre partum" OR fetus OR foetus OR fetal OR foetal)

**5) References excluded with reasons**

|  |
| --- |
| No outcome of interest |
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