

## SUPPLEMENTAL TABLE

Normalized fiber length ( $L_{fm}$ , millimeters) of the pelvic floor muscles and tibialis anterior on loaded and nonloaded side in the Load<sup>+</sup>/Hormones<sup>-</sup> group presented as mean±standard error of mean

| Muscle            | Nonloaded side (N=9) | Loaded side (N=9) | P value <sup>a</sup> |
|-------------------|----------------------|-------------------|----------------------|
| Coccygeus         | 12.88±0.54           | 13.33±0.94        | .9763                |
| Pubocaudalis      | 21.57±0.62           | 21.19±0.52        | .8743                |
| Iliocaudalis      | 20.22±0.75           | 21.00±0.46        | .8478                |
| Tibialis anterior | 21.79±0.41           | 20.58±0.44        | .5197                |

<sup>a</sup> P values were derived from 2-way analysis of variance followed by Tukey multiple comparisons test, with the significance levels set to 5%.

Rieger et al. Mechanisms governing pregnancy-induced adaptations of pelvic floor muscles. Am J Obstet Gynecol 2022.