

SUPPLEMENTARY DIGITAL MATERIAL 4

Supplementary Table IV.—Bladder diary parameters before and after 3 months of treatment.

Daytime Frequency PTNS	N1	N2	Mean at baseline	SD 1	Mean after 3 months	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	
												Fixed	Random		
Gobbi 2011	18	18	9	2.5	6	2.5	1.173	0.354	0.454 to 1.893			12.57	20.06	Q	5.6395
Kabay 2009	19	19	11.47	4.00	5.57	2.03	1.821	0.380	1.050 to 2.592			10.90	19.37	DF	3
Lucio 2016	10	10	9.3	2.8	7.7	1.6	0.672	0.441	-0.255 to 1.599			8.09	17.78	Significance level	P=0.1305
Zecca 2014	83	83	10	3.5	7	3	0.916	0.162	0.595 to 1.237			59.66	24.54	I ²	46.80%
Total (fixed effects)	130	130					1.038	0.131	0.779 to 1.297	7.899	<0.001	100.00	100.00	95% CI for I ²	0.00 to 82.33
Total (random effects)	130	130					1.115	0.215	0.690 to 1.539	5.174	<0.001	100.00	100.00		

Nocturia PTNS	N1	N2	Mean at baseline	SD 1	Mean after 3 months	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	
												Fixed			
Canbaz 2017	21	21	3.71	1.76	1.09	0.70	1.919	0.368	1.175 to 2.663			13.10	22.08	Q	6.1845
Gobbi 2011	18	18	3	1	1	1.5	1.534	0.373	0.777 to 2.291			12.78	21.77	DF	3
Lucio 2016	10	10	2.3	1.85	1	1.5	1.240	0.471	0.251 to 2.230			8.00	16.30	Significance level	P=0.1030
Zecca 2014	83	83	4	2	2	2	0.995	0.164	0.672 to 1.319			66.11	39.85	I ²	51.49%
Total (fixed effects)	132	132					1.205	0.133	0.943 to 1.467	9.042	<0.001	100.00	100.00	95% CI for I ²	0.00 to 83.97
Total (random effects)	132	132					1.357	0.232	0.900 to 1.813	5.849	<0.001	100.00	100.00		
Urge incontinence PTNS	N1	N2	Mean at baseline	SD 1	Mean after 3 months	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	

												Fixed	Rando m		
Canbaz 2017	21	21	4.28	2.05	0.95	0.74	2.120	0.38 1	1.350 to 2.890			44.83	44.83	Q	1.7356
Kabay 2009	10	10	7.9	2.84	4.1	1.91	1.504	0.49 0	0.475 to 2.533			27.13	27.13	DF	2
Lucio 2016	10	10	4	2	0.7	2.5	1.396	0.48 2	0.384 to 2.408			28.04	28.04	Significan ce level	P=0.419 9
Total (fixed effects)	31	31					1.750	0.25 5	1.242 to 2.257	6.859	<0.00 1	100.00	100.00	I ²	0.00%
Total (random effects)	31	31					1.750	0.25 5	1.242 to 2.257	6.859	<0.00 1	100.00	100.00	95% CI for I ²	0.00 to 96.13
Voided volume PTNS	N1	N2	Mean at baselin e	SD 1	Mean after 3 months	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	
												Fixed	Rando m		
Canbaz 2017	21	21	133.42	71.4 0	218.33	80.4 0	- 1.096	0.32 6	-1.754 to - 0.438			15.53	15.53	Q	1.7809

Gobbi 2011	18	18	182	50	225	50	-0.841	0.341	-1.533 to -0.149			14.18	14.18	Significance level	P=0.6191
Kabay 2009	19	19	133.78	69.74	222.68	81.08	-1.151	0.344	-1.848 to -0.453			13.91	13.91	DF	3
Zecca 2014	83	83	100	110	42	50	-1.326	0.171	-1.664 to -0.989			56.39	56.39	I ²	0.00%
Total (fixed effects)	141	141					-1.197	0.128	-1.450 to -0.945	-9.334	<0.001	100.00	100.00	95% CI for I ²	0.00 to 78.25
Total (random effects)	141	141					-1.197	0.128	-1.145 to 0.195	-9.334	<0.001	100.00	100.00		
Voided volume PFNT	N1	NHC	Mean at baseline	SD 1	Mean after 3 months	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	
												Fixed	Random		
Lucio 2016	10	10	97.5	143	74	103.5	0.180	0.429	-0.721 to 1.082			20.81	20.81	Q	1.4220

Vahtera 1997 female pt	25	25	48	25.4	44	22.5	0.164	0.27	-0.397	0.084		49.28	49.28	DF	2
Vahtera 1997 male pt	15	15	49	26.9	58.6	27.9	-0.341	0.358	-1.074	0.084		29.91	29.91	Significance level	P =0.4911
Total (fixed effects)	50	50					0.0164	0.196	-0.372	-5.142	0.933	100.00	100.00	I ²	0.00%
Total (random effects)	50	50					0.0164	0.196	-0.372	-0.835	0.933	100.00	100.00	95% CI for I ²	0.00 to 95.28

N1 number of patients before treatment, N2 number of patients after treatment, standard mean differences SMD, standard error SE, confidential intervals CI, standard deviation SD, I² inconsistency, peripheral tibial nerve stimulation PTNS.

Supplementary Table V.—PERFECT scheme (P power, E endurance, R repetitions, F fast contractions) after 3 months of treatment between a treated group and a control group.

PERFECT PFMT															
Power	N1	N2	Mean Group 1	SD 1	Mean Group 2	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	
												Fixed	Rando m		
Ferreira 2019	15	15	2.0	2.0	2.00	1.00	0.000	0.355	-0.728 to 0.728			30.69	30.69	Q	1.0618
Lucio 2010	13	14	2.2	0.9	2.1	0.8	0.114	0.374	-0.656 to 0.884			27.72	27.72	DF	3
Lucio 2014	10	10	2	0.5	2.5	3	-0.223	0.430	-1.125 to - 0.680			20.98	20.98	Significan ce level	P=0.786 3
Lucio 2016	10	10	2	0.5	2.5	1.5	-0.428	0.434	-1.339 to 0.483			20.60	20.60	I ²	0.00%
Total (fixed effects)	48	49					-0.103	0.197	-0.494 to 0.287	-0.525	0.601	100.00	100.00	95% CI for I ²	0.00 to 63.52

Total (random effects)	48	49					-0.103	0.197	-0.494 to 0.287	-0.525	0.601	100.00	100.00		
Endurance	N1	N2	Mean Group 1	SD 1	Mean Group 2	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	
												Fixed	Rando m		
Ferreira 2019	15	15	5.0	4.00	5.00	8.00	0.000	0.355	-0.728 to 0.728			37.70	26.52	Q	26.22
Lucio 2010	13	14	3.0	2.2	3.0	1.9	0.000	0.373	-0.769 to 0.769			34.11	26.31	DF	3
Lucio 2014	10	10	2	2.5	9	3	-2.428	0.575	-3.636 to - 1.219			14.38	23.67	Significan ce level	P <0.0001
Lucio 2016	10	10	2	2	8	2.5	-2.538	0.587	-3.771 to - 1.305			13.81	23.50	I ²	88.56%

Total (fixed effects)	48	49					-0.700	0.218	-1.133 to - 0.267	-3.208	0.002	100.00	100.00	95% CI for I ²	73.27 to 95.11
Total (random effects)	48	49					-1.171	0.672	-2.504 to 0.162	-1.744	0.084	100.00	100.00		
Repetition	N1	N2	Mean Group 1	SD 1	Mean Group 2	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	
Ferreira 2019	15	15	6.91	2.19	4.16	2.48	1.144	0.385	0.356 to 1.932			41.14	26.49	Q	68.9098
Lucio 2010	13	14	2.3	1.2	2.5	1.5	-0.142	0.374	-0.912 to 0.628			43.54	26.52	DF	3
Lucio 2014	10	10	2	1.5	10	0	-7.207	1.217	-9.765 to - 4.649			4.11	22.01	Significan ce level	P<0.000 1
Lucio 2016	10	10	3	1.5	10	2	-3.792	0.737	-5.340 to - 2.244			11.22	24.98	I ²	95.65%

Total (fixed effects)	48	49					-0.313	0.247	-0.803 to 0.177	-1.268	0.208	100.00	100.00	95% CI for I ²	91.69 to 97.72
Total (random effects)	48	49					-2.268	1.317	-4.883 to 0.347	-1.722	0.088	100.00	100.00		
Fast contractio n	N1	N2	Mean Group 1	SD 1	Mean Group 2	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	
												Fixed	Rando m		
Ferreira 2019	15	15	6.0	3.5	7.5	5.00	-0.338	0.358	-1.071 to 0.395			34.01	27.20	Q	12.6018
Lucio 2010	13	14	4.4	3.1	4.4	3.3	0.000	0.373	-0.769 to 0.769			31.24	26.77	DF	3
Lucio 2014	10	10	3	2	10	8.5	-1.086	0.461	-2.055 to - 0.116			20.47	24.28	Significan ce level	P =0.0056

Lucio 2016	10	10	3	3.5	10	2.5	-2.204	0.552	-3.364 to - 1.044			14.29	21.75	I ²	76.19%
Total (fixed effects)	48	49					-0.652	0.209	-1.067 to - 0.238	-3.124	0.002	100.00	100.00	95% CI for I ²	34.62 to 91.33
Total (random effects)	48	49					-0.835	0.438	-1.705 to 0.0347	-1.906	0.060	100.00	100.00		

N1 number of subjects of control group, N2 number of patients after treatment, standard mean differences SMD, standard error SE, confidential intervals CI, standard deviation SD, I² inconsistency, pelvic floor muscle training PFMT.

Supplementary Table VI.—Maximum cystometric capacity before and after 3 months of treatment with peripheral tibial nerve stimulation.

Maximum cystometric capacity PTNS	N1	N2	Mean 1	SD 1	Mean 2	SD 2	SMD	SE	95% CI	t	P	Weight (%)		Test for heterogeneity	
												Fixed	Random		
De Seze 2011	70	70	297.9	137.4	336.6	168.2	-0.251	0.169	-0.584 to 0.0831			72.69	26.25	Q	112.3351
Kabay, 2008	29	29	193.93	9.90	286.48	9.09	-9.607	0.929	-11.468 to -7.747			2.40	22.61	DF	3
Kabay 2009	19	19	199.7	29.3	266.8	36.9	-1.972	0.390	-2.762 to -1.181			13.62	25.64	Significance level	P<0.0001
Lucio 2016	10	10	300	90	300	20	0.000	0.428	-0.900 to 0.900			11.29	25.49	I ²	97.33%
Total (fixed effects)	128	128					-0.681	0.144	-0.965 to -0.398	-4.734	<0.001	100.00	100.00	95% CI for I ²	95.34 to 98.47

Total (random effects)	128	12 8					- 2.744	1.166	-5.040 to - 0.448	-2.353	0.019	100.00	100.00		
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N1 number of patients before treatment, N2 number of patients after treatment, standard mean differences SMD, standard error SE, confidential intervals CI, standard deviation SD, I² inconsistency, peripheral tibial nerve stimulation PTNS.

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