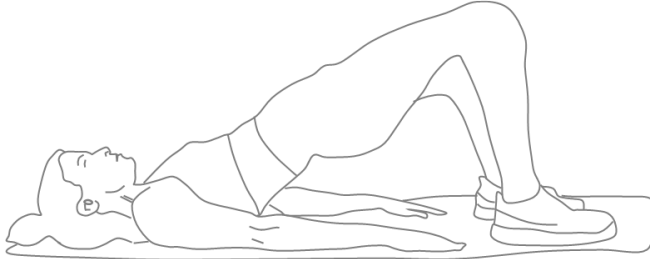


Collagen and Magnesium Supplementation in Women with Stress and/or Urge Urinary Incontinence: Results of a Double Blind, Randomized, Pilot Clinical Trial

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1 SUPINE BRIDGE

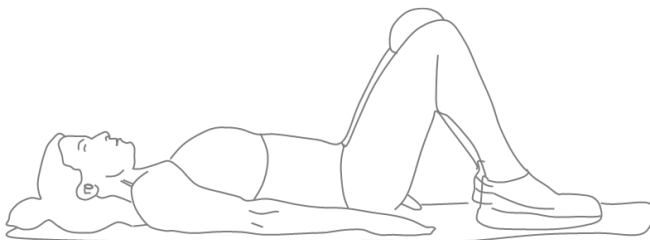


☒ Perform 10-15 repetitions for 2-3 sets.

Perform the exercise with knees bent at a 90° angle, feet flat on the ground and arms resting alongside the body.

- Inhale and push through the heels, lifting the pelvis and contracting the gluteus muscles for 2-3 seconds.
- Exhale while lowering the pelvis back down, relaxing the glute muscles.

2 PELVIC MUSCLE ACTIVATION

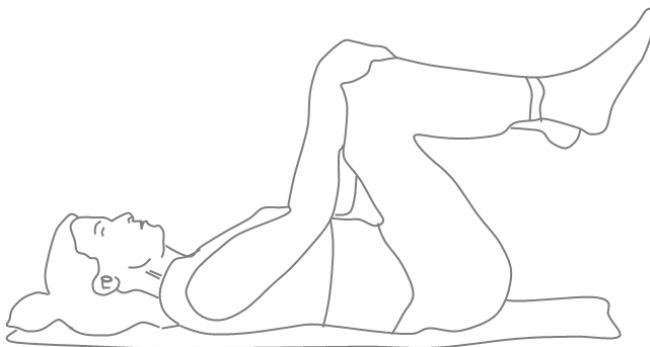


☒ Perform 10-15 repetitions for 2-3 sets.

In a supine position, with legs bent at 90° and feet resting on the ground.

- Perform contractions by engaging the pelvic muscles and adductors, squeezing a miniball between your knees.
- During exhalation, return to the starting position, relaxing the previously contracted muscles.

3 REVERSE KEGEL IN SUPINE POSITION

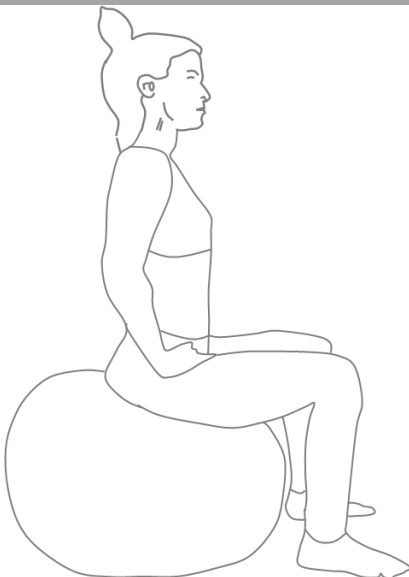


☒ Repeat 3-4 times.

In a supine position, with legs bent at 90° and feet resting on air.

- Contract the perineum for about 2-3 seconds.
- Relax the perineum while taking a deep inhalation for at least 2-3 seconds.

4 PELVIC MUSCLE MOBILITY ON FITBALL



☒ Perform 10-15 repetitions for 2-3 sets.

Sit on a fitball with feet flat on the ground and back straight. Perform small tilting movements, focusing on moving only the pelvis in the following directions:

- Right and left
- Forward and backward
- Clockwise and counterclockwise rotation.

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Figure S1. Instructions for performing Kegel exercises to strengthen pelvic floor muscles.

Table S1. Template for the Questionnaire on Urinary Incontinence Diagnosis (QUID).

Do you leak urine (even small drops), wet yourself, or wet your pads or undergarments...	None of the time	Rarely	Once in a while	Often	Most of the time	All of the time
1. when you cough or sneeze ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. when you bend down or lift something up ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. when you walk quickly , jog or exercise ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. while you are undressing in order to use the toilet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you get such a strong and uncomfortable need to urinate that you leak urine (even small drops) or wet yourself before reaching the toilet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have to rush to the bathroom because you get a sudden, strong need to urinate ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring:

Each item scores 0 (None of the time), 1 (Rarely), 2 (Once in a while), 3 (Often), 4 (Most of the time) or 5 (All of the time). Responses to items 1, 2 and 3 are summed for the Stress score; and responses to items 4, 5, and 6 are summed for the Urge score.

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Table S2. Template for the Quality of Life (QoL) Questionnaire.

[illegible]