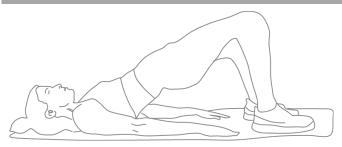
Collagen and Magnesium Supplementation in Women with Stress and/or Urge Urinary Incontinence: Results of a <u>D</u>ouble Blind, Randomized, Pilot Clinical Trial

Vincenzo Nobile, Roberta Villa, Mariella Micieli, Fabio Amone, Erminia D'Ambrosio, Giuseppe Pulitano, Camilla Schinzari, Eleonora Di Campi and Davide Carati

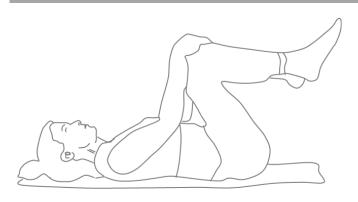
1 SUPINE BRIDGE



2 PELVIC MUSCLE ACTIVATION



3 REVERSE KEGEL IN SUPINE POSITION



☐ 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.

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

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

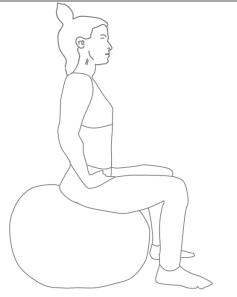
- Perform contractions by engaging the pelvic muscles and adductors, squeezing a miniball between your knees.
- During exhalation, return to the starting position, relaxing the previously contracted muscles.

⇔ 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 ?						
2. when you bend down or lift something up ?						
3. when you walk quickly , jog or exercise ?						
4. while you are undressing in order to use the toilet ?						
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?						
6. Do you have to rush to the bathroom because you get a sudden , strong need to urinate ?						

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.

		Not	at							Ν	laxim	ıum
		all	•1	•1	•1	•1			•1	d	iscom	fort
No.	Item	0	1	2	3	4	5	6	7	8	9	10
01	Urine leakage makes me feel limited in physical activities (jogging, jumping, exercise routine)											
02	Urine leakage makes me feel restricted in social activities (going to restaurants, cinema)											
03	Urine leakage affects my interpersonal relationships and interactions											
04	Urine leakage affects my activities outside the home (going shopping, running errands)											
05	Urine leakage affects my ability to carry out normal daily activities at home (cooking, cleaning, etc)											
06	Urine leakage affects my productivity at work or in other areas of my life											
07	Urine leakage affects my ability to travel											
08	I'm stressed because of urine leakage											
09	I'm sad because of urine leakage											
10	I'm embarrassed about leaking urine in public or in intimate situations											