

Table S1 Comparison of the parameters before and after pelvic floor muscle exercises (mean \pm SD)

Parameter	Before exercises	After exercises	P value
CUW (mm)	23.22 \pm 7.69	24.30 \pm 6.74	0.69
CUL (mm)	20.45 \pm 3.73	20.77 \pm 3.69	0.81
CUL/UL	0.59 \pm 0.10	0.58 \pm 0.10	0.88
CUV (cm ³)	1 \pm 0.36	1.28 \pm 0.25	0.02*
CUS (cm ²)	9.57 \pm 2.85	11.82 \pm 2.46	0.03*
CUT (mm)	5.82 \pm 1.1	7.89 \pm 1.46	<0.001***
L (mm)	27.89 \pm 4.03	28.66 \pm 3.90	0.60
UV (cm ³)	3.79 \pm 1.17	5.31 \pm 1.42	0.004**
US (cm ²)	17.73 \pm 3.95	20.79 \pm 3.69	0.04*
UT (mm)	16.05 \pm 3.16	18.34 \pm 2.70	0.04*
UL (mm)	35.01 \pm 2.95	36.00 \pm 2.80	0.35
UIA (°)	7.34 \pm 5.88	7.40 \pm 5.42	0.98
I-QOL score	42.27 \pm 7.79	78.47 \pm 13.60	<0.001***

*, P<0.05; **, P<0.01; ***, P<0.001. SD, standard deviation; SUI, stress urinary incontinence; CUV, compressor urethrae volume; CUS, compressor urethrae surface area; CUT, compressor urethrae thickness; UV, urethral volume; UT, urethral thickness, US, urethral surface area; L, distance between the pubic symphysis and compressor urethrae; CUL, compressor urethrae length; UL, urethral length; CUL/UL, ratio of the CUL to UL; CUW, compressor urethrae width; UIA, urethral inclination angle; I-QOL, Incontinence Quality of Life Questionnaire.

Table S2 Comparison of parameters between different parities (mean \pm SD)

Parameter	Parity = 1	Parity = 2	P value
CUW (mm)	23.22 \pm 7.69	23.88 \pm 8.31	0.83
CUL (mm)	20.45 \pm 3.73	21.44 \pm 4.18	0.50
CUL/UL	0.59 \pm 0.10	0.63 \pm 0.13	0.26
CUV (cm ³)	1 \pm 0.36	0.70 \pm 0.31	0.02*
CUS (cm ²)	9.57 \pm 2.85	6.94 \pm 3.10	0.02*
CUT (mm)	5.82 \pm 1.1	3.76 \pm 1.31	<0.001***
L (mm)	27.89 \pm 4.03	27.12 \pm 4.26	0.62
UV (cm ³)	3.79 \pm 1.17	2.27 \pm 1.66	0.007**
US (cm ²)	17.73 \pm 3.95	14.40 \pm 4.14	0.03*
UT (mm)	16.05 \pm 3.16	13.13 \pm 3.53	0.02*
UL (mm)	35.01 \pm 2.95	34.00 \pm 3.40	0.40
UIA (°)	7.34 \pm 5.88	11.97 \pm 5.90	0.04*

*, P<0.05; **, P<0.01; ***, P<0.001. SD, standard deviation; SUI, stress urinary incontinence; CUV, compressor urethrae volume; CUS, compressor urethrae surface area; CUT, compressor urethrae thickness; UV, urethral volume; UT, urethral thickness, US, urethral surface area; L, distance between the pubic symphysis and compressor urethrae; CUL, compressor urethrae length; UL, urethral length; CUL/UL, ratio of the CUL to UL; CUW, compressor urethrae width; UIA, urethral inclination angle.