

Randomized
n = 105

Exercise group: n = 52

Control group: n = 53

Lost to visit after the intervention:

n = 10

excluded: n = 1

pelvic girdle pain: n = 2

hypertension: n = 1

premature birth: n = 2

uterine contractions n = 1

amniotic-fluid leakage n = 1

asthma: n = 1

unknown reason: n = 1

Lost to postpartum visit: n = 9

excluded: n = 1

complications baby n = 3

moved: n = 2

unknown reason: n = 3

Lost to visit after the intervention:

n = 11

excluded: n = 1

pelvic girdle pain: n = 1

premature birth: n = 2

pre-eclampsia: n = 1

moved: n = 1

withdrawn: n = 1

unknown reason: n = 4

Lost to postpartum visit: n = 6

excluded: n = 1

moved: n = 2

withdrawn: n = 1

unknown reason: n = 2