Appendix S3. Analysis of studies on physiotherapy treatment in rectus diastasis (KQ 6)

Table S1: Analysis of studies on physiotherapy treatment in rectus diastasis (KQ 6)

Study / Year (Ref. nº)	Type of Study	Nº patients	IRD* Measurement Method	Outcomes	Results	Follow-up	Conclusion
Emanuelsson 2016 (57)	RCT	Group A: physiotherapy (32 patients) Group B: surgery (56 patients)	CT scan Tape	1) Improve symptoms 2) Recurrence of RD	Group A: 14% improvement Group B: 1 recurrence (1.78%)	Group A: 3 months Group B: 1 year	Better results with surgery
Walton 2016 (62)	RCT	Group A: normal exercises (4 patients) Group B: core exercises (4 patients)	US Digital calliper (mm)	IRD*	Group A: decrease 4.34 mm (mean) Group B: decrease 1.17 mm (mean)	6 weeks	Better results with normal exercises
Kamel 2017 (63)	RCT	Group A: exercises +NEMS**(29 patients) Group B: exercises (28 patients)	US	IRD*	Group A: decrease IRD 50% (2,86 cm to 1.43 cm) Group B: Decrease IRD 25% (2,82 cm to 2,09 cm)	8 weeks	Better results with NEMS
Gluppe 2018 (64)	RCT	Group A: exercises (87 patients/ 48 with RD***) Group B: control (88 patients/ 48 with RD***)	Finger widths	IRD*	Group A: 36 patients with RD Group B: 35 patients with RD	1 year	No differences between groups
Thabet 2019 (65)	RCT	Group A: core exercises (20 patients with RD***) Group B: abdominal exercises (20 patients with RD***)	Digital calliper (mm)	IRD* PF10****	Group A: Decrease 8.3 mm Group B: Decrease 4.85 mm Group A: PF10= 22.85 (mean) Group B: PF10=17.60 (mean)	8 weeks	Better results in IRD and PF10 with core exercises
Acharry 2015 (66)	Cohort	30 postpartum women; exercises (bracing)	Finger width	IRD*	Pre- test= 3.5 Post-test=2.5	1 month	Significant decrease IRD with these exercise

Khandale 2016 (67)	Cohort	40 postpartum women; exercise (abdominal and others))	Finger width Digital calliper(cm)	IRD*	Finger width: a) above umbilicus pre=2.7; post=1.8. b) Below umbilicus pre=2.06; post= 1.23 Calliper (mm) a) Above umbilicus pre=25.3 ; post=21,8 b) Below umbilicus pre=21.9; post=19.0	8 weeks	Significant decrease IRD with these exercises
Vaishnavi 2019 (68)	Cohort	15 women with RD***, exercise	Calliper	IRD*	a) Above umbilicus 1 week=2.98; 6 weeks=2.19 b) Umbilicus 1 week=3.18; 6 weeks=2.39 c) Below umbilicus 1 week=3.08; 6 weeks=2.28	6 weeks	Significant decrease in IRD with these exercises

*IRD: Inter-rectus distance

**NEMS: Neuromuscular Electrical Stimulation

***RD: Rectus diastasis

****PF10: Physical Functioning Scale: it´s a scale to measure quality of life, it´s one of the eight sub-scales of the Short Form health survey (SF 36)