Supplementary Table 1. Treatment-effect estimates for objective and subjective cure (PFMT vs. non-PFMT)				
Analysis	**Objective cure OR/aOR (95% CI)**	**p**	**Subjective cure OR/aOR (95% CI)**	***p***
Unadjusted (crude)	1.60 (0.62-4.15)	0.333	2.16 (0.70-6.60)	0.179
Propensity-score-adjusted, firth (primary)	1.63 (0.63-4.21)	0.306	2.22 (0.75-6.89)	0.149
Direct multivariable, firth (sensitivity)	1.63 (0.64-4.17)	0.302	2.32 (0.78-7.34)	0.132
IPTW, stabilized (sensitivity)	1.64 (0.63-4.27)	-	2.27 (0.74-6.98)	-
Absolute risk difference (pp)	+6.0 (-6.4 to +18.4)	-	+7.2 (-3.7 to +18.1)	-
Objective cure: 72/82 (PFMT) vs. 45/55 (non-PFMT). Subjective cure: 76/82 vs. 47/55. All confidence intervals include the null value (OR 1; risk difference 0). *p* values are from the regression models and differ from the cure-rate comparison *p* values in the main Table 2 (chi-square with continuity correction) OR: Odds ratio, aOR: Adjusted odds ratio, CI: Confidence interval, IPTW: Inverse-probability-of-treatment weighting, pp: Percentage points				

Supplementary Table 2. Baseline covariate balance and propensity-score model			
Covariate	**PFMT (n=82)**	**Non-PFMT (n=55)**	**SMD**
Age, years (mean)	50.56	50.91	-0.04
Body mass index, kg/m^2 (mean)	30.16	29.95	+0.04
Parity (mean)	3.02	3.04	-0.01
Menopausal, %	45	44	+0.03
Diabetes mellitus, %	24	33	-0.18
Baseline ICIQ-UI SF (mean)	18.33	18.18	+0.05
Propensity-score model c-statistic =0.553. SMD: Standardized mean difference; |SMD| <0.10 indicates negligible imbalance. Only diabetes mellitus showed a modest imbalance (|SMD|=0.18), which was accounted for in the adjusted models PFMT: Pelvic floor muscle training, ICIQ-UI SF: International Consultation on Incontinence Questionnaire-Urinary Incontinence Short Form			