

**Table S1.** Search Strategy

Database	Search Strategy
PubMed	("Pregnancy" OR "Postnatal Care") AND ("Pelvic Girdle Pain" OR "low back pain" OR "Lower Back Pain" OR "Low Back Ache") AND ("Kinesio Taping" OR "kinesiology tape" OR "kinesiology taping" OR "Kinesiotaping" OR "KT tape")
EMBASE	('Pregnancy'/exp OR 'Postnatal Care'/exp) AND ('Pelvic Girdle Pain'/exp OR 'low back pain'/exp OR 'Lower Back Pain'/exp OR 'Low Back Ache'/exp) AND ('Kinesio Taping'/exp OR 'kinesiology tape'/exp OR 'kinesiology taping'/exp OR 'Kinesiotaping'/exp OR 'KT tape'/exp)
Web of Science	("Pregnancy" OR "Postnatal Care") AND ("Pelvic Girdle Pain" OR "low back pain" OR "Lower Back Pain" OR "Low Back Ache") AND ("Kinesio Taping" OR "kinesiology tape" OR "kinesiology taping" OR "Kinesiotaping" OR "KT tape")
ClinicalTrials.gov	("Pregnancy" OR "Postnatal Care") AND ("Pelvic Girdle Pain" OR "low back pain" OR "Lower Back Pain" OR "Low Back Ache") AND ("Kinesio Taping" OR "kinesiology tape" OR "kinesiology taping" OR "Kinesiotaping" OR "KT tape")
Scopus	(TITLE-ABS-KEY("Pregnancy" OR "Postnatal Care") AND TITLE-ABS-KEY("Pelvic Girdle Pain" OR "low back pain" OR "Lower Back Pain" OR "Low Back Ache") AND TITLE-ABS-KEY("Kinesio Taping" OR "kinesiology tape" OR "kinesiology taping" OR "Kinesiotaping" OR "KT tape"))
PEDro	("Pregnancy" OR "Postnatal Care") AND ("Pelvic Girdle Pain" OR "low back pain" OR "Lower Back Pain" OR "Low Back Ache") AND ("Kinesio Taping" OR "kinesiology tape" OR "kinesiology taping" OR "Kinesiotaping" OR "KT tape")
Allied and Complementary Medicine (AMED)	(KW=("Pregnancy" OR "Postnatal Care") AND KW=("Pelvic Girdle Pain" OR "low back pain" OR "Lower Back Pain" OR "Low Back Ache") AND KW=("Kinesio Taping" OR "kinesiology tape" OR "kinesiology taping" OR "Kinesiotaping" OR "KT tape"))

**Table S2.** Characteristics of Included Studies

	c o u n t r y	y e a r	Study type	Number of participants		Gestational age Mean (SD) weeks		Intervention		Intervention duration
				Intervention	Control	Intervention	Control	Intervention	Control	
<b>Alishahi (1)</b>	Ira n	2022	RCT	Kin esio tape + standard pregnancy care (39)	Leukoplast tape + standard pregnancy care (37)	24.75 (4.38)	25.95 (3.70)	Kineso tape	Placebo tape	1 day 2 day 7 day 14 days
<b>Kalinowski (2)</b>	Po la n d	2017	Crosso ver RCT	Int: Kinesio Gold Tex tape using muscle technique (53)	Polovis Plus textile cover (53)	35.2±4.3	35.2±4.3	Kineso tape	Placebo tape	Before After 2 days 7 days
<b>Kaplan (3)</b>	Tu r k e y	2016	RCT	Four I-shaped Kinesio tapes in maximum lumbar flexion + standard pregnancy care (33)	Standard pregnancy care (32)	21.79 (5.47)	21.91 (3.86)	Kineso tape + Paracetamol	Paracetamol	Baseline 5 days
<b>Ordahan (4)</b>	Tu r k e y	2021	RCT	Kinesio tape for 5 weeks + standard pregnancy care (25)	Sham Kinesio tape for 5 weeks + standard pregnancy care (25)	24.14 ± 3.82	23.22 ± 4.12	Kineso tape + Exercise	Exercise	5 weeks
<b>Sabour (5)</b>	Eg y p t	2011	RCT	Kinesio tape for 2 weeks + pelvic exercises + standard pregnancy care (30)	Pelvic exercises + standard pregnancy care (30)	30.7± 4.96	30.7± 4.96	Kineso + pelvic tilting exercise	pelvic tilting exercise	2 weeks
<b>Mohamed (6)</b>	Eg y p t	2018	RCT	Kinesio tape + exercise program (15)	Exercise program (15)	Post Partum	Post Partum	Kineso tape		2 weeks
<b>Chemanankrom(7)</b>	Th ai l a n d	2021	RCT	Kinesio tape with vertical tension + standard pregnancy care (20)	Tape without tension + standard pregnancy care (20)	33.3 (3.3)	32.1 (3.4)	Kineso tape	Placebo tape	1 week
<b>Rishi (8)</b>	Ind ia	2020	Quasi- Experi mental	Kinesio tape + conventional physiotherapy (20)	Conventional physiotherapy (20)	6-12 months postpartum	6-12 months postpartum	kinesio taping + exercises + hot pack	exercises + hot pack	Baseline 3 weeks 6 weeks
<b>Ahmed(9)</b>	Eg y p t	2023	RCT	Kineso taping + routine care (40)	routine care such as warm compresses, back massage, or bed rest (40)	Post Partum aged between 18 and 35	Post Partum aged between 18 and 35	Routine care + Kineso taping	Routine care warm compresses, back massage, or bed rest	Baseline 3 days 1 week
<b>Ali Baraia(10)</b>	Eg y p t	2023	RCT	Kineso taping + routine care (50)	Routine care (50)	Post Partum aged between 18 and 35	Post Partum aged between 18 and 35	Routine care + Kineso taping	Routine Care	Pre intervention 7 days 2 weeks

**Table S3. Effectiveness of Kinesio Tape Intervention**

Study	Outcomes								Main Results	
Alishah i (1)	Visual Analogue Scale for Pain, Roland Morris Disability Questionnaire	<b>deviation of disability: RMDQ</b>				<b>the mean rank scores pain intensity: VAS</b>				Pain intensity decreased significantly in the kinesio tape group at all time points except on the fourteenth day compared to days two and seven of the study. There was no significant change in disability level.
		<b>Control group Mean (SD)</b>		<b>Intervention Group Mean (SD)</b>		<b>Control group Mean (SD)</b>		<b>Intervention Group Mean (SD)</b>		
		Before	After	Before	After	Before	After	Before	After	
		13.67 (5.08)	11.95 (5.00)	14.05 (4.48)	11.60 (5.69)	5.03 (1.22)	4.06 (2.17)	5.26 (1.19)	3.50 (2.01)	
		Effect size (intervention): 0.12 Effect size (control): 0.00 p = 0.722				p < 0.001				
Kalinoski (2)	Visual Analogue Scale for Pain, Roland Morris Disability Questionnaire	<b>deviation of disability: RMDQ</b>				<b>the mean rank scores pain intensity: VAS</b>				Mean pain intensity on the second and seventh days post-treatment was significantly lower in the intervention group compared to the control group. Therapeutic effect started from day 2 and remained up to 2 days after tape removal.
		<b>Control group Mean (SD)</b>		<b>Intervention Group Mean (SD)</b>		<b>Control group Mean (SD)</b>		<b>Intervention Group Mean (SD)</b>		
		Before	After	Before	After	Before	After	Before	After	
		5.20±2.21	4.79±2.65	5.66±2.64	3.67±2.40	4.96±1.73	4.77±1.79	4.94±1.74	1.06±1.42	
		p < 0.0001				P=0.8087	p < 0.0001			
Kaplan (3)	Visual Analogue Scale for Pain, Roland Morris Disability Questionnaire	<b>deviation of disability: RMDQ</b>				<b>the mean rank scores pain intensity: VAS</b>				Both pain intensity and disability improved in both groups over 5 days compared to baseline. Kinesio tape group showed superior outcomes in all outcome measures compared to the control group.
		<b>Control group Mean (SD)</b>		<b>Intervention Group Mean (SD)</b>		<b>Control group Mean (SD)</b>		<b>Intervention Group Mean (SD)</b>		
		Before	After	Before	After	Before	After	Before	After	
		15.03 (3.56)	7.78 (2.95)	13.42 (3.82)	3.85 (3.01)	7.46 (1.32)	3.25 (1.48)	7.63 (1.18)	1.26 (1.81)	
		p < 0.001		p < 0.001		p < 0.001	p < 0.001			
Ordahan (4)	Visual Analogue Scale for Pain, Roland Morris Disability Questionnaire, Pelvic Girdle Belt Questionnaire	<b>Control group Mean (SD)</b>		<b>Intervention Group Mean (SD)</b>		<b>Control group Mean (SD)</b>		<b>Intervention group Mean (SD)</b>		The Kinesio tape group demonstrated a significant improvement in all outcome parameters, while no significant difference was observed for the sham Kinesio tape group (control group) in terms of pain intensity and disability.
		Before	After	Before	After	Before	After	Before	After	
		18.07 ± 3.63	16.52 ± 3.59	17.73 ± 3.68	4.50 ± 3.71	7.83 ± 0.90	6.32 ± 0.89	7.41 ± 1.22	1.42 ± 1.05	
		P=0.064		p < .001		P=0.085		p < .001		
		p < .001				p < .001				

Sabour (5)	Visual Analogue Scale for Pain, Oswestry Low Back Pain Disability Questionnaire	<b>deviation of disability: RMDQ</b>				<b>the mean rank scores pain intensity: VAS</b>				Kinesio tape strengthened with pelvic exercises was effective in reducing pain and disability in late pregnancy.
		Control group Mean (SD)		Intervention Group Mean (SD)		Control group Mean (SD)		Intervention Group Mean (SD)		
		Before	After	Before	After	Before	After	Before	After	
		52.90 ± 10.87	52.69 ± 13.64	56.17± 11.92	34.97 ± 13.71	7.67± 1.37	6.23 ± 1.83	7.73 ± 1.46	2.33± 0.32	
		P>0.05		P<0.01		P<0.01		P<0.01		
		(P<0.01)				(P<0.01)				
Mohamed(6)	Visual Analogue Scale for Pain, Back Pain Functional Scale	<b>deviation of disability: BPFQ</b>				<b>the mean rank scores pain intensity: VAS</b>				Kinesio tape combined with additional exercise program for 2 weeks reduced pain intensity and disability in women compared to exercise program alone.
		Control group Mean (SD)		Intervention Group Mean (SD)		Control group Mean (SD)		Intervention Group Mean (SD)		
		Before	After	Before	After	Before	After	Before	After	
		9.7 ± 3.62	24.2 ± 4.25	21 ± 4.82	45.7 ± 4.96	7.65 ± 1.08	6.4 ± 1.14	6.95 ± 1.23	2.9 ± 1.2	
		p=0.0010		p=0.0010		p=0.0010		p=0.0010		
						(p < 0.05)				
Chemanankro m (7)	Visual Analogue Scale for Pain, Roland Morris Disability Questionnaire	<b>deviation of disability: RMDQ</b>				<b>the mean rank scores pain intensity: VAS</b>				Kinesio tape with tension after one week resulted in a significant reduction in pain intensity and disability compared to the control group.
		Control group Mean (SD)		Intervention Group Mean (SD)		Control group Mean (SD)		Intervention Group Mean (SD)		
		Before	After	Before	After	Before	After	Before	After	
		11.9 ± 3.4	8.1 ± 4.2	13.5 ± 4.8	4.6 ± 3.9	5.4 ± 1.8	3.7 ± 1	5.7 ± 1.9	1.4 ± 1	
		P=0.001		P=0.001		P=0.04		p < 0.001		
		P=0.018				p < 0.001				
Rishi (8)	Visual Analogue Scale for Pain, Inter-Rectus Distance	<b>Pain evaluation RMDQ</b>				<b>Digital Nylon Calliper (science ware Vernier Calliper) for IRD</b>				Significant reduction in pain and inter-rectus distance in postpartum women experiencing low back pain.
		Control group Mean (SD)		Intervention Group Mean (SD)		Control group Mean (SD)		Intervention Group Mean (SD)		
		Before	After	Before	After	Before	After	Before	After	
		14.90±2.532	9.90±1.971	13.75±1.916	3.75±0.786	28.56±0.824	28.52±0.823	28.37±0.802	27.38±1.01	





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