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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" OI "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 "Iow back pain" OR "Lower Back Pain" OR "Low Back Ache") AND ("Kinesio Taping" OR "kinesiology tape" OR "kinesiology taping" OI "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" OI "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" OI "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 P	y e a	Study type	Number of participa	ants	Gestational age Mean (SD) weel		Intervention		Intervention duration
	n tr y	r		Intervention	Control	Intervention	Control	Intervention	Control	
Alishahi (1)	lr a n	2 0 2 2	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
Kalinowski (2)	P o la n d	2 0 1 7	Crossove r 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
Kaplan (3)	T u r k e y	2 0 1 6	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
Ordahan (4)	T u r k e y	2 0 2 1	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
Sabour (5)	E g y p t	2 0 1 1	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
Mohamed (6)	E g y p t	2 0 1 8	RCT	Kinesio tape + exercise program (15)	Exercise program (15)	Post Partum	Post Partum	Kineso tape		2 weeks
Chemanankrom(7)	T h ai la n d	2 0 2 1	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
Rishi (8)	I n d ia	2 0 2 0	Quasi- Experime ntal	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
Ahmed(9)	E g y p t	2 0 2 3	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
Ali Baraia(10)	e g y p t	2 0 2 3	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
				<u> </u>						

Table S3. Effectiveness of Kinesio Tape Intervention

Study			Main Results									
Alishah i (1)	Visual Analogue Scale for Pain, Deland	deviation RMDQ Control gr Mean (SD		: Intervention Mean (SD)	n Group	pain inte VAS Control g	group	Interventio	Pain intensity decreased significantly in the kinesio tape group at all time points except on the fourteenth day compared to days two and			
	Roland Morris		-					Mean (SD)		seven of the study. There was		
	Disability Questionn aire	Before	After	Before	After	Before	After 4.06	Before	After	no significant change in disability level.		
	ane	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)			
			(interventic (control): 0			p< 0.001						
Kalino wski (2)	Visual Analogue Scale for	RMDQ	of disability	-		pain inte VAS		-		Mean pain intensity on the second and seventh days post-treatment was		
	Pain, Roland Morris	Control gr Mean (SE		Intervention Group Mean (SD)		Control group Mean (SD)		Interventio Mean (SD)	•	significantly lower in the intervention group compared to the control group.		
	Disability Questionn	Before	After	Before	After	Before	After	Before	After	Therapeutic effect started from day 2 and remained up		
	aire	5.20±2.2 1	4.79±2.6 5	5.66±2.64	3.67±2.40	4.96±1. 73	4.77±1.7 9	4.94±1.7 4	1.06±1.42	to 2 days after tape removal.		
		p<0.0001				P=0.80 87	p <0.0001	1				
Kaplan (3)	Visual Analogue Scale for	deviation RMDQ	of disability			the mean pain inte VAS	n rank score nsity:	25	Both pain intensity and disability improved in both groups over 5 days compared			
	Pain, Roland	Control gr Mean (SE		Intervention Mean (SD)	n Group	Control g Mean (S		Intervent Mean (SD	ion Group)	to baseline. Kinesio tape group showed superior		
	Morris Disability	Before	After	Before	After	Before	After	Before	After	outcomes in all outcome measures compared to the		
	Questionn aire	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)	control group.		
		p<0.001		p<0.001		p<0.00 1	p<0.001					
Ordaha n (4)	Visual Analogue Scale for Pain,	Control gr Mean (SE		Intervention Group Mean (SD)		Control group Mean (SD)		Interver Mean (tion group SD)	The Kinesio tape group demonstrated a significant improvement in all outcome parameters, while no		
	Roland Morris	Before	After	Before	After	Before	After	Before	After	significant difference was observed for the sham		
	Disability Questionn aire, Pelvic Girdle Belt	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	Kinesio tape group (control group) in terms of pain intensity and disability.		
	Questionn aire	P=0.064		p<.001		P=0.085		p<.001	-			
		P=0.064 p<.001 p<.001				p<.001						

Sabour (5)	Visual Analogue Scale for	deviation o RMDQ	the mean rank scores pain intensity: VAS					Kinesio tape strengthened with pelvic exercises was effective in reducing pain and					
	Pain, Oswestry	- ·			ervention Group an (SD)		Control g Mean (S			Intervention Group Mean (SD)		disability in late pregnancy.	
	Low Back	Before	After	Befor		fter	Before	Aft		Before	After	-	
	Pain Disability Questionn	52.90 ± 10.87	52.69 ± 13.64	56.17 11.92		4. 97 ± 3.71	7.67± 1.37	6.2 ± 1.8	:	7.73 ± 1.46	2.33±0.32	_	
	aire	P>0.05		P<0.0	1		P<0.01			P<0.01		-	
		(P<0.01)					(P<0.01)					_	
med(6)	Visual Analogue Scale for	deviation of BPFS	of disability	:			the mear pain inte VAS					Kinesio tape combined with additional exercise program for 2 weeks reduced pain	
	Pain, Back Pain	Control gro Mean (SD			Intervention Group Mean (SD)		Control g Mean (S			Intervent Mean (SD	ion Group)	intensity and disability in women compared to exercise	
	Functional Scale	Before	After			fter	Before	Aft		Before	After	program alone.	
		9.7 ± 3.62	24.2 ± 4.2		1 ± 4. .82	5.7 ± 4.96	7.65 ± 1.08	6.4 ± 1	l 1.14	6.95 ± 1.23	2.9 ± 1.2		
		p=0.0010			=0.0010	p=0.0010 p=0.0			p=0.0010		_		
							(p < 0.05))				_	
Chema nankro m	Visual Analogue Scale for	deviation of RMDQ	the mean rank scores pain intensity: VAS					Kinesio tape with tension after one week resulted in a significant reduction in pain					
7)	Pain, Roland Morris	Control gro Mean (SD	•		nterventio Aean (SD)				Interven Mean (S	tion Group D)	intensity and disability compared to the control		
	Disability Questionn	Before	After	В	efore	After	Before	Aft	er	Before	After	group.	
	aire	11.9 ± 3.4	8.1 ± 4.2		3.5 ± 4.8	4.6 ± 3.9	5.4 ± 1.8	3.7 1	' ±	5.7 ± 1.9	1.4 ± 1		
		P=0.001		Р	=0.001		P=0.04 p < 0.001						
		P=0.018					p < 0.001						
Rishi 8)	Visual Analogue Scale for	Pain evalu RMDQ	Digital Nylon Calliper (science ware Vernier Calliper) for IRD					Significant reduction in pain and inter-rectus distance in postpartum women					
	Pain, Inter- Rectus	Control gro Mean (SD			Interver Group Mean (S		Control group Mean (SD)			Interven Mean (S	tion Group D)	experiencing low back pain.	
	Distance	Before	After		Before	After	Before		After	Before	After		
		14.90±2.53	32 9.90±	1.971	13.75±1 .916	3.75±0. 786	28.56±0.8 4		28.52±0. 823	28.37±0 2	.80 27.3 8±1. 01	-	

	P= 0.001			P= 0.001	P= 0.001		P= 0.001			
Ahmed (9)	Numerical Pain Rating	deviation of di RMDQ		the mean rar pain intensit NPRS		Kinesio tape (KT) significantly improves low back pain during postpartum period				
	Scale, Roland	Control group Mean (SD)			Intervention Group Mean (SD)		p	Intervention Mean (SD)	Group	and enhances women's functional abilities.
	Morris Disability Questionn	Before	After	Before	After	Before	After	Before	After	
	aire	18.87 ± 1.22	8.40 ±0.84	19.22 ± 0.91	3.77 ±0.83	7.80 ± 0.96	4.82 ±1.17	7.50 ± 0.87	3.17 ± 1.31	
		P ≤0.0001		P ≤0.0001	P ≤0.0001		P ≤0.0001			
Ali Baraia (10)	Numerical Pain Rating Scale, Fatigue	deviation of di RMDQ			the mean rar NPRS	the mean rank scores NPRS			Instructional guidelines regarding Kinesio Tape have a	
		Control group			Intervention Group Mean (SD)		Control group Mean (SD)		Group	positive effect on reducing postpartum back Pain, fatigue, and
	assessmen t scale ,Roland	Before	After	Before	After	Before	After	Before	After	disability in women with cesarean section.
	Morris Disability	19.98 ± 1.45	9.39 ±0.69	20.33 ± 0.78	3.69 ±0.67	7.67 ± 0.46	4.73 ±1.09		3.04 ±1.42	
	Questionn aire			P ≤0.0001	P ≤0.0001		P ≤0.0001			

Table S4. Risk of Bias of included studies

Author (Year)	Random Sequence Generation	Allocation Concealment	Blinding of Participants and Personnel	Blinding of Outcomes Assessment	Incomplete Outcome Data	Selective Reporting	Other Biases
Aalishahi (2022) 1	Unknown risk	Unknown risk	High risk	Low risk	Low risk	Low risk	Low risk
Chamnankrom (2021)							
7	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk

Author (Year)	Random Sequence Generation	Allocation Concealment	Blinding of Participants and Personnel	Blinding of Outcomes Assessment	Incomplete Outcome Data	Selective Reporting	Other Biases
Kalinowski et al. (2017)							
2	Unknown risk	Unknown risk	High risk	Low risk	High risk	High risk	High risk
Kaplan et al. (2016)							
3	Unknown risk	Unknown risk	High risk	Low risk	Low risk	High risk	High risk
Adnan (2021)	Unknown risk	Low risk	Unknown risk	Unknown risk	Low risk	Unknown risk	Unknown risk
Sabbour et al. 5	Unknown risk	Unknown risk	Unknown risk	Unknown risk	High risk	Unknown risk	Unknown risk
Mohamed et al. (2018) 6	Low risk	Unknown risk	High risk	High risk	Low risk	Low risk	Unknown risk
Rishi (2022) 8	High risk	High risk	High risk	High risk	High risk	Unknown risk	High risk
Ahmed (2023) 9	Unknown risk	Unknown risk	Unknown risk	Unknown risk	Unknown risk	Unknown risk	Unknown risk
Baraia (2023) 10	Unknown risk	Unknown risk	Unknown risk	Unknown risk	Unknown risk	Unknown risk	Unknown risk

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