

Embase search strategy

1. postnatal care/ or lactation/
2. postnatal care.mp.
3. perinatal period/
4. perinatal period.mp.
5. postpartum period.mp.
6. peripartum period.mp.
7. postpartum women.mp.
8. post partum women.mp.
9. (postnatal or post natal).ti,ab.
10. (post pregnancy or postpregnancy).ti,ab.
11. ((Post or after or follow*) adj birth*).ti,ab.
12. ((Post or after or follow*) adj labo?r).ti,ab.
13. ((Post or after or follow*) adj childbirth*).ti,ab.
14. ((Post or after or follow*) adj pregnancy).ti,ab.
15. ((Post or after or follow*) adj parturition).ti,ab.
16. ((Post or after or follow*) adj delivery).ti,ab.
17. (interpregnanc* or inter pregnanc* or (between adj pregnanc*)).ti,ab.
18. (interconception or inter conception or (between adj conception)).ti,ab.
19. puerperium/
20. puerperium.ti,ab.
21. or/1-20
22. exercise/ or aerobic exercise/ or anaerobic exercise/ or aquatic exercise/ or arm exercise/ or athletic performance/ or breathing exercise/ or circuit training/ or closed kinetic chain exercise/ or cool down/ or dynamic exercise/ or endurance

training/ or high intensity interval training/ or isokinetic exercise/ or leg exercise/ or muscle exercise/ or open kinetic chain exercise/ or pilates/ or plyometrics/ or resistance training/ or static exercise/ or warm up/

23. exercise.ti,ab.

24. kinesiotherapy/ or pelvic floor muscle training/ or stretching exercise/

25. athletic performance/

26. sport/ or aquatic sport/ or athletics/ or baseball/ or basketball/ or body building/ or combat sport/ or contact sport/ or "cricket (sport)"/ or cycling/ or diving/ or endurance sport/ or extreme sport/ or football/ or golf/ or hockey/ or horseback riding/ or ice hockey/ or jogging/ or motor sport/ or racquet sport/ or rock climbing/ or roller skating/ or rowing/ or rugby/ or running/ or skateboarding/ or skating/ or skiing/ or soccer/ or swimming/ or tai chi/ or team sport/ or triathlon/ or volleyball/ or water skiing/ or winter sport/ or yoga/ or youth sport/

27. sports medicine/

28. fitness/

29. fitness.ti,ab.

30. (activit* and program*).ti,ab.

31. (locomotor and activit*).ti,ab.

32. (motor and activit*).ti,ab.

33. (structure* and activit*).ti,ab.

34. training*.ti,ab.

35. (therap* and exercis*).ti,ab.

36. physical*.ti,ab.

37. (activit* or conditioning* or effort* or exert*).ti,ab.

38. 36 and 37

39. 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 38

40. (random\$ or placebo\$ or single blind\$ or double blind\$ or triple blind\$).ti,ab

41. RETRACTED ARTICLE/

42. randomi?ed.ti,ab.
43. randomly.ti,ab.
44. or/40-43
45. exp animal\$/ not human\$.sh,hw.
46. (random sampl\$ or random digit\$ or random effect\$ or random survey or random regression).ti,ab. not exp randomized controlled trial/
47. 44 not (45 or 46)
48. 21 and 39 and 47
49. limit 48 to embase
50. limit 49 to exclude medline journals