**Session 1**

1. Intake consultation between patient and therapist:
   a. screening by questionnaires, and patient's goals
   b. patient receives an information map
   c. screening if there is a problem with the pelvic floor
   d. patient is informed of the time contingent load
   e. personal goals are created for the patient and his/her motivation for the therapy
2. Introductory lesson (1 hour), a video is made of the patient's activities and his/her strength (rotation and extension) is measured

**Sessions 2-8**

1. Target: training the patient's cognitions and physical aspects
2. Parts of the therapy: (2 x 45 min)
   a. physical awareness and relaxation
   b. stabilization program
   c. cardio program (walking, bicycling, rowing)
   d. strength exercises (force closure)
3. Lessons on: anatomy (2x), pain and pain experience, physical load, attitude and movement in daily life (2x), emotions
4. The multi-dimensional load-carrying capacity model and behaviour change

**Session 9: Evaluation at SJC**

1. Target: evaluation therapy
   a. questionnaires (QBPDS and TSK, VAS pain and fatigue)
   b. personal goals of the patient and their motivation
2. Parts of the therapy: (2 x 45 min)
   a. physical awareness and relaxation
   b. stabilization program
   c. cardio program (walking, bicycling, rowing)
   d. strength exercises (force closure)
3. Lesson: group and individual evaluation
4. Patient thinks about the phase after the program has ended

**Sessions 10-15**

1. Target: patient becomes own coach
2. Parts of the therapy: (2 x 45 min)
   a. physical awareness and relaxation
   b. stabilization program
   c. cardio program (walking, bicycling, rowing)
   d. strength exercises (force closure)
   e. daily activities are built up
3. Lessons on: pelvic floor and a second pregnancy, preparing oneself for self-training, movement in daily life, communication, intimacy and sexuality, anatomy, pain and how to handle recidivism
4. Building-up daily activities

**Session 16: Evaluation at SJC**

1. Target: evaluation of therapy program and personal goals
2. Parts of the therapy: (1 x 45 min)
   a. physical awareness and relaxation
   b. stabilization program
   c. cardio program (walking, bicycling, rowing, cross trainer)
   d. strength exercises (force closure)
   e. daily activities are built up
3. Lesson: group and individual evaluation
4. Testing patient's strength; filling in and discussing questionnaires (QBPDS, TSK, VAS pain and fatigue, GPE patient)

**Self-management for 3 months**

1. Target: continuing therapy program and personal goals twice a week in a local 'fitness' centre
2. Parts of the therapy:
   a. physical awareness and relaxation
   b. stabilization program
   c. cardio program (walking, bicycling, rowing, cross trainer)
   d. strength exercises (force closure)
   e. daily activities are built up
3. Evaluation at the SJC 5 months after start of therapy (2 months SJC and 3 months self-management); filling in/discussing questionnaires (QBPDS, TSK, VAS pain and fatigue, GPE patient)
4. Physical examination: ASLR, PPPP, LDL, load transfer abduction and adduction strength