

**Supplementary Table 1. Factors that affect the amount of change at baseline and after the intervention 〈Stiff shoulders〉**

Explanatory variable	Partial regression coefficient	Standard partial regression coefficient	P-value	95%CI	
				Min	Max
constant	-0.24		0.36	-0.76	0.28
Intervention or not	-0.80	-0.36	0.00*	-1.19	-0.40
Primipara	0.01	0.01	0.96	-0.43	0.46
Delivery time: $\geq 8$ hours	-0.15	-0.06	0.53	-0.61	0.32
Blood loss during delivery: $\geq 500$ g	-0.19	-0.04	0.69	-0.51	0.34
Separation of mother and child possible	-0.27	-0.96	0.34	-0.83	0.29

$R^2 = 0.38$  ANOVA \* $p < 0.05$

**Supplementary Table 2. Factors that affect the amount of change 〈Fatigue and dullness〉**

Explanatory variable	Partial regression coefficient	Standard partial regression coefficient	P-value	95%CI	
				Min	Max
constant	-0.43		0.13	-0.98	0.12
Intervention or not	-1.29	-0.51	0.00*	-1.72	-0.87
Primipara	-0.17	-0.07	0.48	-0.64	0.30
Delivery time: $\geq 8$ hours	-0.03	-0.01	0.90	-0.52	0.46
Blood loss during delivery: $\geq 500$ g	0.10	0.04	0.65	-0.34	0.55
Separation of mother and child possible	-0.28	-0.08	0.35	-0.87	0.31

$R^2 = 0.28$  ANOVA \* $p < 0.05$

**Supplementary Table 3. Factors that affect the amount of change <POMS<sup>®</sup> 2 Depression-Dejection>**

Explanatory variable	Partial regression coefficient	Standard partial regression coefficient	P-value	95%CI	
				Min	Max
constant	-2.41		0.05	-4.75	-0.06
Intervention or not	-2.67	-0.28	0.00*	-4.48	-0.87
Primipara	0.63	0.07	0.54	-1.38	2.64
Delivery time: $\geq 8$ hours	0.15	0.02	0.89	-1.94	2.25
Blood loss during delivery: $\geq 500$ g	0.04	0.00	0.97	-1.87	1.95
Separation of mother and child possible	0.90	0.07	0.48	-1.63	3.43

$R^2 = 0.29$  ANOVA \* $p < 0.05$

**Supplementary Table 4. Factors that affect the amount of change <POMS<sup>®</sup> 2 Fatigue-Inertia>**

Explanatory variable	Partial regression coefficient	Standard partial regression coefficient	P-value	95%CI	
				Min	Max
constant	-3.61		0.06	-7.38	0.15
Intervention or not	-3.58	-0.23	0.02*	-6.48	-0.69
Primipara	-2.18	-0.14	0.18	-5.40	1.05
Delivery time: $\geq 8$ hours	-2.60	-0.15	0.13	-5.96	0.76
Blood loss during delivery: $\geq 500$ g	1.22	0.08	0.43	-1.85	4.28
Separation of mother and child possible	-2.72	-0.12	0.19	-6.78	1.35

$R^2 = 0.12$  ANOVA\*  $p < 0.05$