







Seo Analyzer burningnightscrps.org

Generated on April 04 2022 00:03 AM

The score is 56/100



SEO Content

	Title	<p>CRPS Complex Pain Syndrome Burning Nights CRPS</p> <p>Length : 50</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																		
	Description	<p>Burning Nights CRPS is a national charity working to improve life for those affected by Complex Regional Pain Syndrome & raise awareness of CRPS</p> <p>Length : 148</p> <p>Great, your meta description contains between 70 and 160 characters.</p>																		
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>																		
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1317 1481 2080"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>image</td> <td>https://www.burningnightscrps.org/wp-content/uploads/2014/07/banner1-1024x640.jpg</td> </tr> <tr> <td>title</td> <td>CRPS Complex Pain Syndrome Burning Nights CRPS</td> </tr> <tr> <td>description</td> <td>Burning Nights CRPS is a national charity working to improve life for those affected by Complex Regional Pain Syndrome & raise awareness of CRPS</td> </tr> <tr> <td>locale</td> <td>en_GB</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>url</td> <td>https://www.burningnightscrps.org/</td> </tr> <tr> <td>site_name</td> <td>Burning Nights CRPS</td> </tr> <tr> <td>updated_time</td> <td>2022-03-01T09:22:05+00:00</td> </tr> </tbody> </table>	Property	Content	image	https://www.burningnightscrps.org/wp-content/uploads/2014/07/banner1-1024x640.jpg	title	CRPS Complex Pain Syndrome Burning Nights CRPS	description	Burning Nights CRPS is a national charity working to improve life for those affected by Complex Regional Pain Syndrome & raise awareness of CRPS	locale	en_GB	type	website	url	https://www.burningnightscrps.org/	site_name	Burning Nights CRPS	updated_time	2022-03-01T09:22:05+00:00
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SEO Content





image:secure_url	https://www.burningnightscrps.org/wp-content/uploads/2014/07/banner1-1024x640.jpg
image:width	960
image:height	600
image:alt	Burning Nights CRPS Support - CRPS/RSD Awareness
image:type	image/jpeg

Headings





H1	H2	H3	H4	H5	H6
2	24	8	1	0	0

- [H1] Burning Nights CRPS: Increasing Awareness of Complex Regional Pain Syndrome in the UK and Worldwide
- [H1] NEWSLETTER
- [H2] Support and help for patients and families affected by CRPS in the UK and around the world
- [H2] OUR STORY
- [H2] GET SUPPORT
- [H2] FUNDRAISE FOR US
- [H2] Winter Woodland Christmas Cards
- [H2] Festive Red Bus Christmas Cards
- [H2] CRPS Awareness Zipped Hoodie
- [H2] Individual
- [H2] Individual
- [H2] Burning Nights CRPS Cotton Shopper
- [H2] Replacement PM2.5 Filter Pack of 10
- [H2] Reusable Face Mask
- [H2] Burning Nights CRPS Hope for Christmas 2021
- [H2] Help Corben raise funds for Burning Nights CRPS
- [H2] How to create a personal health folder
- [H2] How Are We Doing?
- [H2] Burning Nights CRPS Made Me Feel Like I Was Part of a Family
- [H2] Burning Nights CRPS Support wins £1,000 Movement for Good award
- [H2] Can I put ice on my CRPS limb?
- [H2] I feel so alone and helpless
- [H2] Can CRPS spread????
- [H2] NOVEMBER IS CRPS AWARENESS MONTH!
- [H2] '+Title+'
- [H2] '+Title+'
- [H3] Burning Nights CRPS Support is a national UK charity working to improve life for those affected by Complex Regional Pain Syndrome (CRPS).
- [H3] Awareness products
- [H3] Recent News
- [H3] Forum Topics
- [H3] Donate to Burning Nights
- [H3] NAVIGATION
- [H3] NEWSLETTER SIGNUP
- [H3] CONTACT INFO

SEO Content

		<ul style="list-style-type: none"> [H4] We Need Your Support
	Images	<p>We found 31 images on this web page.</p> <p>Good, most or all of your images have alt attributes.</p>
	Text/HTML Ratio	<p>Ratio : 10%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 154 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0.65%</p> <p>External Links : Passing Juice 6.49%</p> <p>Internal Links 92.86%</p>

In-page links

Anchor	Type	Juice
Home	Internal	Passing Juice
Our Story	Internal	Passing Juice
Our Founder	Internal	Passing Juice
Our Patron	Internal	Passing Juice

In-page links

Trustees	Internal	Passing Juice
Victoria Abbott-Fleming	Internal	Passing Juice
Lisa Davis	Internal	Passing Juice
Tom Lowe	Internal	Passing Juice
Altaf Patel	Internal	Passing Juice
Where our products are being sent	Internal	Passing Juice
Newsletter Archives	Internal	Passing Juice
CRPS/RSD	Internal	Passing Juice
What is CRPS/RSD?	Internal	Passing Juice
Different Names	Internal	Passing Juice
How can you 'get' CRPS	Internal	Passing Juice
Diagnosis &#038; Prognosis	Internal	Passing Juice
CRPS Signs and Symptoms	Internal	Passing Juice
CRPS Treatments	Internal	Passing Juice
CRPS Clinical Trials	Internal	Passing Juice
Latest Research	Internal	Passing Juice
Pain Scale	Internal	Passing Juice
Glossary	Internal	Passing Juice
Disability	Internal	Passing Juice
Disability Access	Internal	Passing Juice
Equality Act 2010	Internal	Passing Juice
Disability Equipment	Internal	Passing Juice
Public Attitudes to Disability	Internal	Passing Juice
Support	Internal	Passing Juice
Blog	Internal	Passing Juice
How We Can Help	Internal	Passing Juice
Annual National Conference	Internal	Passing Juice
CRPS Counselling Service	Internal	Passing Juice

In-page links

Helpline	Internal	Passing Juice
Legal Panel	Internal	Passing Juice
Live Chat Support	Internal	Passing Juice
Online Community	Internal	Passing Juice
Support Groups	Internal	Passing Juice
Virtual Befriending Service	Internal	Passing Juice
Support for Carers, Families & Friends	Internal	Passing Juice
Support for CRPS Patients	Internal	Passing Juice
Testimonials	Internal	Passing Juice
Get Involved	Internal	Passing Juice
Donate	Internal	Passing Juice
Other Ways To Donate	Internal	Passing Juice
Text To Donate	Internal	Passing Juice
Post Your Donation	Internal	Passing Juice
Donate Into Our Bank	Internal	Passing Juice
Donate from Overseas	Internal	Passing Juice
Gift Aid	Internal	Passing Juice
Celebrations	Internal	Passing Juice
E-Cards	Internal	Passing Juice
Dining	Internal	Passing Juice
Recycling	Internal	Passing Juice
Shopping	Internal	Passing Juice
Switch Your Bills	Internal	Passing Juice
Fundraising	Internal	Passing Juice
Register Your Fundraising Event	Internal	Passing Juice
Fundraising Resources	Internal	Passing Juice
Fundraising Ideas & Tips	Internal	Passing Juice
Organise Your Own Fundraiser	Internal	Passing Juice

In-page links

Virtual Fundraising Ideas	Internal	Passing Juice
Paying In Funds	Internal	Passing Juice
Events	Internal	Passing Juice
Adrenaline	Internal	Passing Juice
Conferences	Internal	Passing Juice
CRPS Awareness Events	Internal	Passing Juice
CRPS Support Groups	Internal	Passing Juice
Cycling	Internal	Passing Juice
Running	Internal	Passing Juice
Social Events	Internal	Passing Juice
Swimming	Internal	Passing Juice
Walking and Trekking	Internal	Passing Juice
Volunteer With Us	Internal	Passing Juice
Apply Now	Internal	Passing Juice
Support Us	Internal	Passing Juice
Volunteering Information	Internal	Passing Juice
Volunteer Stories	Internal	Passing Juice
In Memory	Internal	Passing Juice
Gift in Wills	Internal	Passing Juice
In Lieu of Flowers	Internal	Passing Juice
Funeral Giving	Internal	Passing Juice
Donate in Memory	Internal	Passing Juice
Corporate Partnerships	Internal	Passing Juice
Sponsors & #038; Supporters	Internal	Passing Juice
Campaign With Us	Internal	Passing Juice
Join Our Online Community	Internal	Passing Juice
CRPS Awareness	Internal	Passing Juice
CRPS Awareness Talks	Internal	Passing Juice

In-page links

CRPS Awareness Events	Internal	Passing Juice
CRPS &#038; The Media	Internal	Passing Juice
CRPS Awareness Month	Internal	Passing Juice
Share Your CRPS Journey	Internal	Passing Juice
Shop	Internal	Passing Juice
Forum	Internal	Passing Juice
Gallery	Internal	Passing Juice
Contact	Internal	Passing Juice
awarded an MBE	Internal	Passing Juice
Awareness products	Internal	Passing Juice
Winter Woodland Christmas Cards	Internal	Passing Juice
Festive Red Bus Christmas Cards	Internal	Passing Juice
CRPS Awareness Zipped Hoodie	Internal	Passing Juice
Individual	Internal	Passing Juice
Individual	Internal	Passing Juice
Burning Nights CRPS Cotton Shopper	Internal	Passing Juice
Replacement PM2.5 Filter Pack of 10	Internal	Passing Juice
Reusable Face Mask	Internal	Passing Juice
Click here to be taken to sign up for our monthly newsletter	Internal	Passing Juice
Burning Nights CRPS Hope for Christmas 2021	Internal	Passing Juice
15 Dec 2021	Internal	Passing Juice
0 Comment	Internal	Passing Juice
Help Corben raise funds for Burning Nights CRPS	Internal	Passing Juice
19 Oct 2021	Internal	Passing Juice
0 Comment	Internal	Passing Juice
How to create a personal health folder	Internal	Passing Juice
21 Aug 2021	Internal	Passing Juice
0 Comment	Internal	Passing Juice

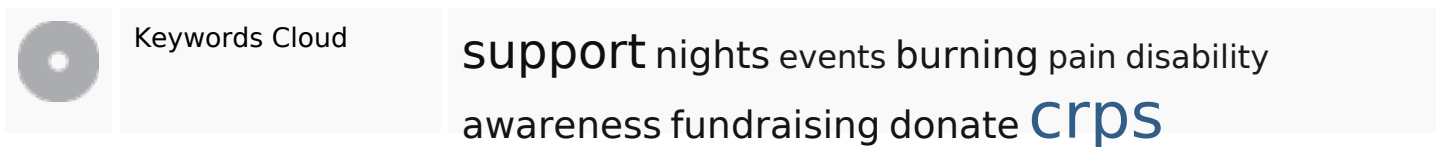
In-page links

How Are We Doing?	Internal	Passing Juice
17 Aug 2021	Internal	Passing Juice
0 Comment	Internal	Passing Juice
Burning Nights CRPS Made Me Feel Like I Was Part of a Family	Internal	Passing Juice
19 Jul 2021	Internal	Passing Juice
0 Comment	Internal	Passing Juice
Burning Nights CRPS Support wins £1,000 Movement for Good award	Internal	Passing Juice
17 Jul 2021	Internal	Passing Juice
0 Comment	Internal	Passing Juice
Forum Topics	Internal	Passing Juice
#CRPS	External	Passing Juice
9 hours ago	External	Passing Juice
@APainPrincess	External	Passing Juice
9 hours ago	External	Passing Juice
@JohnTCarty	External	Passing Juice
9 hours ago	External	Passing Juice
@WellAware_TCF	External	Passing Juice
9 hours ago	External	Passing Juice
@BNightsCRPS	External	Passing Juice
9 hours ago	External	Passing Juice
DONATE	Internal	Passing Juice
MY STORY	Internal	Passing Juice
SHOP	Internal	Passing Juice
CRPS/RSD	Internal	Passing Juice
SEMINARS	Internal	Passing Juice
SUFFERERS	Internal	Passing Juice
DISABILITY	Internal	Passing Juice

In-page links

SUPPORT	Internal	Passing Juice
BLOG	Internal	Passing Juice
DISCLAIMER	Internal	Passing Juice
FORUM	Internal	Passing Juice
GALLERY	Internal	Passing Juice
CONTACT	Internal	Passing Juice
PRIVACY POLICY	Internal	Passing Juice
ARTICLES	Internal	Passing Juice
Calm Digital	External	noFollow
x	Internal	Passing Juice
Read More	Internal	Passing Juice


SEO Keywords







Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
crps	83	✓	✗	✓	✓
support	42	✗	✗	✗	✓
awareness	33	✗	✗	✓	✓
donate	23	✗	✗	✗	✓
nights	19	✓	✗	✓	✓












Usability

	Url	Domain : burningnightscrps.org Length : 21
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Usability

	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 71 Warnings : 91
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Too bad, your website has too many CSS files (more than 4). Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip.





Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag
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Mobile

✓ Flash content

Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <pre>http://burningnightscrps.org/sitemap.xml https://www.burningnightscrps.org/sitemap.xml https://www.burningnightscrps.org/geositemap.xml</pre>
	Robots.txt	<pre>http://burningnightscrps.org/robots.txt</pre> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <pre> Google Analytics</pre>