









# Seo Analyzer progressivesportstherapy.com

Generated on March 02 2022 18:56 PM




The score is 55/100







## SEO Content

	<p>Title</p>	<p>Progressive Sports Therapy - Owensboro, KY</p> <p><b>Length : 42</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	<p>Description</p>	<p>Progressive Sports Therapy</p> <p><b>Length : 26</b></p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>												
	<p>Keywords</p>	<p>Progressive Sports Therapy, Physical Therapy</p> <p>Good, your page contains meta keywords.</p>												
	<p>Og Meta Properties</p>	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use <a href="#">this free og properties generator</a> to create them.</p>												
	<p>Headings</p>	<table border="1" data-bbox="539 1413 1481 1480"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1</td> <td>9</td> <td>2</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="616 1518 1362 1944" style="list-style-type: none"> <li>• [H1] Why Choose Us?</li> <li>• [H2] Main Menu</li> <li>• [H3] Welcome to Progressive Rehab/ Sports Therapy!</li> <li>• [H3] ART: Active Release Technology</li> <li>• [H3] Alter G: Anti-Gravity Treadmill</li> <li>• [H3] MEET OUR TEAM!</li> <li>• [H3] Opening Hours</li> <li>• [H3] Testimonials</li> <li>• [H3] Testimonials</li> <li>• [H3] Patient guide</li> <li>• [H3] Our Services</li> <li>• [H4] Location</li> <li>• [H4] Like us on Facebook!</li> </ul>	H1	H2	H3	H4	H5	H6	1	1	9	2	0	0
H1	H2	H3	H4	H5	H6									
1	1	9	2	0	0									
	<p>Images</p>	<p>We found 16 images on this web page.</p> <p>7 alt attributes are empty or missing. Add alternative text so that</p>												

## SEO Content

		search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : <b>14%</b>  This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	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	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 31 links including 0 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 3.23%  Internal Links 96.77%

## In-page links

Anchor	Type	Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">Physical Therapy</a>	Internal	Passing Juice
<a href="#">Dry Needling</a>	Internal	Passing Juice
<a href="#">Anti Gravity Treadmill</a>	Internal	Passing Juice
<a href="#">Optimum Balance</a>	Internal	Passing Juice
<a href="#">Speech Therapy</a>	Internal	Passing Juice

## In-page links

<a href="#">Visceral Manipulation</a>	Internal	Passing Juice
<a href="#">Active Release Technique</a>	Internal	Passing Juice
<a href="#">Women's Health</a>	Internal	Passing Juice
<a href="#">About Us</a>	Internal	Passing Juice
<a href="#">Contact Us</a>	Internal	Passing Juice
<a href="#">Job Opportunities</a>	Internal	Passing Juice
<a href="#">Make An Appointment</a>	Internal	Passing Juice
<a href="#">Location</a>	Internal	Passing Juice
<a href="#">Like us on Facebook!</a>	Internal	Passing Juice
<a href="#">Like us on Facebook to keep updated with Progressive Rehab/Sports</a>	External	Passing Juice
<a href="#">Jason Young</a>	Internal	Passing Juice
<a href="#">Trisha Phelps</a>	Internal	Passing Juice
<a href="#">Kaitlin Atkinson</a>	Internal	Passing Juice
<a href="#">Nancee Woodward</a>	Internal	Passing Juice
<a href="#">Shelley Newcom</a>	Internal	Passing Juice
<a href="#">Contact Us</a>	Internal	Passing Juice
<a href="#">About Us</a>	Internal	Passing Juice
<a href="#">Why Choose Progressive</a>	Internal	Passing Juice
<a href="#">Visceral Manipulation</a>	Internal	Passing Juice
<a href="#">Dry Needling</a>	Internal	Passing Juice
<a href="#">Optimum Balance</a>	Internal	Passing Juice
<a href="#">Anti Gravity Treadmill</a>	Internal	Passing Juice
<a href="#">Active Release Technique</a>	Internal	Passing Juice
<a href="#">Speech Therapy</a>	Internal	Passing Juice
<a href="#">Women's Health</a>	Internal	Passing Juice

## SEO Keywords



Keywords Cloud

more speech learn pain **progressive** sports  
physical **therapy** treadmill patient

## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
therapy	14	✓	✓	✓	✓
progressive	11	✓	✓	✓	✓
sports	6	✓	✓	✓	✓
physical	5	✗	✓	✗	✗
pain	5	✗	✗	✗	✗










## Usability

	Url	Domain : progressivesportstherapy.com Length : 28
	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.




## Document

	W3C Validity	Errors : 5 Warnings : 28
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> 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"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <code>http://progressivesportstherapy.com/sitemap.xml</code>
	Robots.txt	<code>http://progressivesportstherapy.com/robots.txt</code> Great, your website has a robots.txt file.
	Analytics	Missing  We didn't detect an analytics tool installed on this website.  Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.