Website SEO Stats

78

Review of Studioathletica.com

Generated on 2021-12-18

Introduction

This report provides a review of the key factors that influence the SEO and usability of your website.

The homepage rank is a grade on a 100-point scale that represents your Internet Marketing Effectiveness. The algorithm is based on 70 criteria including search engine data, website structure, site performance and others. A rank lower than 40 means that there are a lot of areas to improve. A rank above 70 is a good mark and means that your website is probably well optimized.

Internal pages are ranked on a scale of A+ through E and are based on an analysis of nearly 30 criteria.

Our reports provide actionable advice to improve a site's business objectives.

Please contact us for more information.

Table of Contents

Iconography

✅ Good	⚙⚙⚙ Hard to solve
⚠ To Improve	⚙⚙⚙ Little tough to solve
❌ Errors	⚙⚙⚙ Easy to solve
⚫ Not Important	⚙⚙⚙ No action necessary

Website SEO Stats

Search Engine Optimization

Title Tag

Physiotherapy Toronto | Sports Medicine Clinic | Push Pounds

Length: 60 character(s)

Ideally, your title tag should contain between 10 and 70 characters (spaces included).

Make sure your title is explicit and contains your most important keywords.

Be sure that each page has a unique title.

Meta Description

Push Pounds Physiotherapy Toronto are the best Toronto experts who cater towards individuals of all abilities. Our physiotherapists and our facilities combine for a perfect Toronto Sports Medicine.

Length: 197 character(s)

Meta descriptions contains between 100 and 300 characters (spaces included).

It allow you to influence how your web pages are described and displayed in search results.

Ensure that all of your web pages have a unique meta description that is explicit and contains your most important keywords (these appear in bold when they match part or all of the user's search query).

A good meta description acts as an organic advertisement, so use enticing messaging with a clear call to action to maximize click-through rate.

Meta Keywords

No Keywords

Meta Keywords are a specific type of meta tag that appear in the HTML code of a Web page and help tell search engines what the topic of the page is.

However, google can't use meta keywords.

Website SEO Stats

Google Preview

Physiotherapy Toronto | Sports Medicine Clinic | Push Pounds
studioathletica.com/

Push Pounds Physiotherapy Toronto are the best Toronto experts who cater towards individuals of all abilities. Our physiotherapists and our facilities combine for a perfect Toronto Sports Medicine.

This is an example of what your Title Tag and Meta Description will look like in Google search results.

While Title Tags & Meta Descriptions are used to build the search result listings, the search engines may create their own if they are missing, not well written, or not relevant to the content on the page.

Title Tags and Meta Descriptions are cut short if they are too long, so it's important to stay within the suggested character limits.

Headings

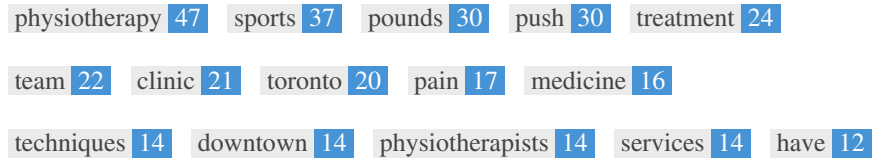| <H1>	<H2>	<H3>	<H4>	<H5>	<H6>
1	19	60	0	0	0

<H1> Push Pounds Physiotherapy Toronto </H1>

<H2> Push Pounds Sports Medicine | Physiotherapy Toronto </H2>

<H2> The Importance of Physiotherapy in Injury Recovery </H2>

<H2> Our Expertise and Experience at Push Pounds Sports Medicine </H2>

<H2> Why Choose Push Pounds Sports Medicine for Physiotherapy in Toronto? </H2>

<H2> Why Choose Push Pounds Sports Medicine for Physiotherapy in Toronto? </H2>

<H2> Our Physiotherapy Services </H2>

<H2> Physiotherapy Downtown Toronto </H2>

<H2> Conditions and treatments </H2>

<H2> OUR SPECIALISTS </H2>

<H2> What Our Patients Say About Us </H2>

<H2> Affiliations with the Canadian and Ontario Physiotherapy Associations </H2>

<H2> Detailed description of Treatments and Programs </H2>

<H2> The Role of Manual and Massage Therapy in Rehabilitation </H2>

<H2> Major Insurance Providers Push Pounds Sports Medicine Works With </H2>

<H2> What to Expect During Your Physiotherapy Session? </H2>

<H2> Our Commitment to Helping Patients Achieve their Health Goals </H2>

<H2> Request Information </H2>

<H2> Our Services </H2>

<H2> Request A Consultation </H2>

<H3> Unique Focus on Biomechanics and Body Movement </H3>

<H3> Expertise and Experience </H3>

<H3> Personalized Treatment Plans </H3>

<H3> State-of-the-Art Facilities and Equipment </H3>

<H3> Unique Focus on Biomechanics and Body Movement </H3>

<H3> Patient-Focused Assessment and Integrated Multidisciplinary Approach </H3>

<H3> Orthopedic Physiotherapy </H3>

<H3> Sports Injury Physiotherapy </H3>

<H3> Pre and Post-Operative Physiotherapy </H3>

<H3> Mobilization and Joint Manipulation </H3>

<H3> Exercise Therapy and Rehabilitation </H3>

<H3> Spinal Decompression </H3>

<H3> Sports Medicine </H3>

<H3> Custom Braces </H3>

<H3> ACL Club </H3>

<H3> Hypermobility Program </H3>

<H3> Dr. Joseph Menna, MD, FRCSC </H3>

<H3> Dr. Amir Majidi, DC, BSc </H3>

<H3> Alonzo Roxx Thornhill </H3>

<H3> Overview of Services Offered </H3>

<H3> Introduction to Expert Team Members and their Specializations </H3>

<H3> Transparent Explanation of Pricing and Payment Options </H3>

<H3> Common Questions About Physiotherapy and Appointments </H3>

<H3> Encouraging Visitors to Book a Consultation </H3>

<H3> A Look at Our Successful Physiotherapy Cases in Toronto </H3>

<H3> Hypermobility Syndrome Physiotherapy </H3>

<H3> Plica Syndrome Physiotherapy </H3>

<H3> Benign Paroxysmal Positional Vertigo (BPPV) Physiotherapy </H3>

<H3> DeQuervain's Tenosynovitis Physiotherapy </H3>

<H3> Torticollis Physiotherapy </H3>

<H3> Dyspraxia Physiotherapy </H3>

<H3> Myopathy Physiotherapy </H3>

<H3> Hand Injuries Physiotherapy </H3>

<H3> Spina Bifida Physiotherapy </H3>

<H3> Ankylosing Spondylitis Physiotherapy </H3>

<H3> Anterior Knee Pain Physiotherapy </H3>

<H3> Whiplash Injury Physiotherapy </H3>

<H3> Ankle Sprain Physiotherapy </H3>

<H3> Golfer's Elbow (Medial Epicondylitis) Physiotherapy </H3>

<H3> Tennis Elbow (Lateral Epicondylitis) Physiotherapy </H3>

<H3> Achilles Tendinitis Physiotherapy </H3>

<H3> Rotator Cuff Injuries Physiotherapy </H3>

<H3> Motor Vehicle Accident Injuries Physiotherapy </H3>

<H3> Fibromyalgia Physiotherapy </H3>

<H3> Bursitis Physiotherapy </H3>

<H3> Plantar Fasciitis Physiotherapy </H3>

<H3> Sciatica Physiotherapy </H3>

<H3> Carpal Tunnel Syndrome Physiotherapy </H3>

<H3> Frozen Shoulder (Adhesive Capsulitis) Physiotherapy </H3>

<H3> Lymphedema Management Physiotherapy </H3>

<H3> Temporomandibular Joint Disorders (TMJ) Physiotherapy </H3>

<H3> Tendonitis Physiotherapy </H3>

<H3> Pelvic Floor Dysfunction Physiotherapy </H3>

<H3> Osteoporosis Physiotherapy </H3>

<H3> Arthritis Management Physiotherapy </H3>

<H3> Sports Injuries Physiotherapy </H3>

<H3> Back Pain Physiotherapy </H3>

<H3> Scoliosis Physiotherapy </H3>

<H3> Neck and Shoulder Pain Physiotherapy </H3>

<H3> Neck and Shoulder Pain </H3>

Use your keywords in the headings and make sure the first level (H1) includes your most important keywords. Never duplicate your title tag content in your header tag.

While it is important to ensure every page has an H1 tag, never include more than one per page. Instead, use multiple H2 - H6 tags.

Keywords

physiotherapy 47   sports 37   pounds 30   push 30   treatment 24

team 22   clinic 21   toronto 20   pain 17   medicine 16

techniques 14   downtown 14   physiotherapists 14   services 14   have 12

This Keyword Cloud provides an insight into the frequency of keyword usage within the page.

It's important to carry out keyword research to get an understanding of the keywords that your audience is using. There are a number of keyword research tools available online to help you choose which keywords to target.

Keyword Consistency

Keywords	Freq	Title	Desc	<H>
physiotherapy	47	✔	✔	✔
sports	37	✔	✔	✔
pounds	30	✔	✔	✔
push	30	✔	✔	✔
treatment	24	✖	✖	✔
team	22	✖	✖	✔
clinic	21	✔	✖	✖
toronto	20	✔	✔	✔
pain	17	✖	✖	✔
medicine	16	✔	✔	✔
techniques	14	✖	✖	✖
downtown	14	✖	✖	✔
physiotherapists	14	✖	✔	✖
services	14	✖	✖	✔
have	12	✖	✖	✖

This table highlights the importance of being consistent with your use of keywords.

To improve the chance of ranking well in search results for a specific keyword, make sure you include it in some or all of the following: page URL, page content, title tag, meta description, header tags, image alt attributes, internal link anchor text and backlink anchor text.

Alt Attribute

We found 48 images on this web page
❌ 8 ALT attributes are empty or missing.

https://www.facebook.com/tr?id=1366870540538875&ev=PageView&noscript=1

data:image/svg+xml,%3Csvg%20xmlns='http://www.w3.org/2000/svg'%20viewBox='0%200%202077%20655'%3E%3C/svg%3E

/wp-content/uploads/2022/09/White_Horizontal_NoBorder_PushPounds-08.png

data:image/svg+xml,%3Csvg%20xmlns='http://www.w3.org/2000/svg'%20viewBox='0%200%200%200'%3E%3C/svg%3E

https://www.studioathletica.com/wp-content/plugins/techwyse-form/forms/template/img/rolling.svg

data:image/svg+xml,%3Csvg%20xmlns='http://www.w3.org/2000/svg'%20viewBox='0%200%200%200'%3E%3C/svg%3E

https://www.studioathletica.com/wp-content/plugins/techwyse-form/forms/template/img/rolling.svg

https://track.adluge.com/noscript/?idsite=AL_1305

Alternative text is used to describe images to give the search engine crawlers (and the visually impaired).

Also, more information to help them understand images, which can help them to appear in Google Images search results.

Text/HTML Ratio

HTML to Text Ratio is: **13.77%**

Text content size 33245 bytes
Total HTML size 241351 bytes

Code to text ratio represents the percentage of actual text on a web page compared to the percentage of HTML code, and it is used by

search engines to calculate the relevancy of a web page.

A higher code to text ratio will increase your chances of getting a better rank in search engine results.

GZIP compression

Wow! It's GZIP Enabled.
✔ Your webpage is compressed from 236 KB to 47 KB (80 % size savings)

Gzip is a method of compressing files (making them smaller) for faster network transfers.

It allows to reduce the size of web pages and any other typical web files to about 30% or less of its original size before it transfer.

IP Canonicalization

No your domain IP 178.128.229.220 does not redirect to studioathletica.com

To check this for your website, enter your IP address in the browser and see if your site loads with the IP address.

Ideally, the IP should redirect to your website's URL or to a page from your website hosting provider.

If it does not redirect, you should do an htaccess 301 redirect to make sure the IP does not get indexed.

URL Rewrite

Good, all URLs look clean and friendly

Your site's URLs contain unnecessary elements that make them look complicated.

A URL must be easy to read and remember for users. Search engines need URLs to be clean and include your page's most important keywords.

Clean URLs are also useful when shared on social media as they explain the page's content.

Underscores in the URLs

Oh no, you are using underscores (these_are_underscores) in your URLs

Great, you are not using ?underscores (these_are_underscores) in your URLs.

While Google treats hyphens as word separators, it does not for underscores.

WWW Resolve

Great, a redirect is in place to redirect traffic from your non-preferred domain.

Redirecting requests from a non-preferred domain is important because search engines consider URLs with and without "www" as two different websites.

XML Sitemap

Good, you have XML Sitemap file!
http://studioathletica.com/sitemap.xml

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.

We recommend that you generate an XML sitemap for your website and submit it to both Google Search Console and Bing Webmaster Tools. It is also good practice to specify your sitemap's location in your robots.txt file.

Robots.txt

Good, you have Robots.txt file!
http://studioathletica.com/robots.txt

A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from accessing specific directories and pages. It also specifies where the XML sitemap file is located.

You can check for errors in your robots.txt file using Google Search Console (formerly Webmaster Tools) by selecting 'Robots.txt Tester' under 'Crawl'. This also allows you to test individual pages to make sure that Googlebot has the appropriate access.

Embedded Objects

Perfect, no embedded objects has been detected on this page

Embedded Objects such as Flash. It should only be used for specific enhancements.

Although Flash content often looks nicer, it cannot be properly indexed by search engines.

Avoid full Flash websites to maximize SEO.

Iframe

Oh no, iframe content has been detected on this page

Frames can cause problems on your web page because search engines will not crawl or index the content within them.

Avoid frames whenever possible and use a NoFrames tag if you must use them.

Domain Registration

Exactly how many years and months

Domain Age: 8 Years, 137 Days

Created Date: 3rd-Dec-2015

Updated Date: 4th-Dec-2023

Expiry Date: 3rd-Dec-2024

Domain age matters to a certain extent and newer domains generally struggle to get indexed and rank high in search results for their first few months (depending on other associated ranking factors). Consider buying a second-hand domain name.

Do you know that you can register your domain for up to 10 years? By doing so, you will show the world that you are serious about your business.

Website SEO Stats

Indexed Pages

Indexed pages in search engines

337 Page(s)

This is the number of pages that we have discovered on your website.

A low number can indicate that bots are unable to discover your webpages, which is a common cause of a bad site architecture & internal linking, or you're unknowingly preventing bots and search engines from crawling & indexing your pages.

Backlinks Counter

Number of backlinks to your website

0 Backlink(s)

Backlinks are links that point to your website from other websites. They are like letters of recommendation for your site.

Since this factor is crucial to SEO, you should have a strategy to improve the quantity and quality of backlinks.

Usability

❌ URL
⚙⚙⚙

http://studioathletica.com
Length: 15 characters

Keep your URLs short and avoid long domain names when possible.

A descriptive URL is better recognized by search engines.

A user should be able to look at the address bar and make an accurate guess about the content of the page before reaching it (e.g.,

http://www.mysite.com/en/products).

⦿ Favicon
⚙⚙⚙

🔳 Great, your website has a favicon.

Favicons improve a brand's visibility.

As a favicon is especially important for users bookmarking your website, make sure it is consistent with your brand.

✅ Custom 404 Page
⚙⚙⚙

Great, your website has a custom 404 error page.

When a visitor encounters a 404 File Not Found error on your site, you're on the verge of losing the visitor that you've worked so

hard to obtain through the search engines and third party links.

Creating your custom 404 error page allows you to minimize the number of visitors lost that way.

Website SEO Stats

Page Size 236 KB (World Wide Web average is 320 Kb)

Two of the main reasons for an increase in page size are images and JavaScript files.

Page size affects the speed of your website; try to keep your page size below 2 Mb.

Tip: Use images with a small size and optimize their download with gzip.

Load Time 0.21 second(s)

Site speed is an important factor for ranking high in Google search results and enriching the user experience.

Resources: Check out Google's developer tutorials for tips on how to to make your website run faster.

Language Good, you have declared your language
Declared Language: EN-CA

Make sure your declared language is the same as the language detected by Google

Also, define the language of the content in each page's HTML code.

Domain Availability

Domains (TLD)	Status
studioathletica.net	Available
studioathletica.org	Available
studioathletica.biz	Already Registered
studioathletica.us	Available
studioathletica.info	Already Registered

Register the various extensions of your domain to protect your brand from cybersquatters.

Typo Availability

Domains (TLD)	Status
qtudioathletica.com	Available
wtudioathletica.com	Available
etudioathletica.com	Available
ztudioathletica.com	Available
xtudioathletica.com	Available

Register the various typos of your domain to protect your brand from cybersquatters.

Website SEO Stats

Email Privacy

Good, no email address has been found in plain text.

> We don't recommend adding plain text/linked email addresses to your webpages.
>
> As malicious bots scrape the web in search of email addresses to spam. Instead, consider using a contact form.

Safe Browsing

The website is not blacklisted and looks safe to use.

> Safe Browsing to identify unsafe websites and notify users and webmasters so they can protect themselves from harm.

Website SEO Stats

Mobile

Mobile Friendliness

✿ ✿ ✿

Awesome! This page is mobile-friendly!
Your mobile friendly score is 80/100

Mobile Friendliness refers to the usability aspects of your mobile website, which Google uses as a ranking signal in mobile search

results.

Mobile Compatibility

✿ ✿ ✿

Bad, embedded objects detected.

Embedded Objects such as Flash, Silverlight or Java. It should only be used for specific enhancements.

But avoid using Embedded Objects, so your content can be accessed on all devices.

Mobile View
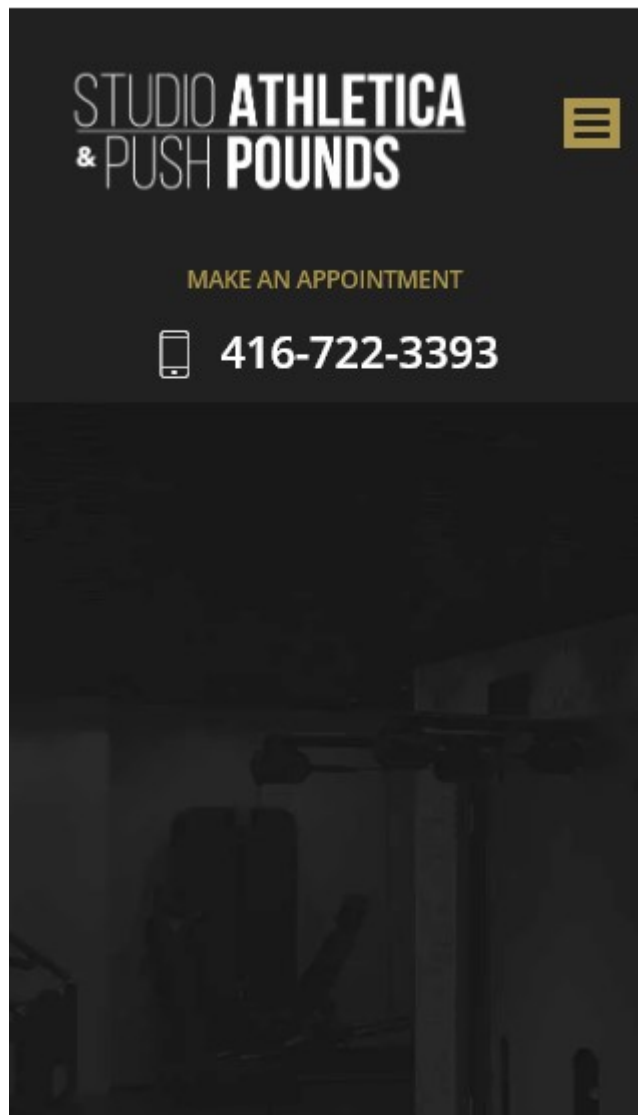
The number of people using the Mobile Web is huge; over 75 percent of consumers have access to smartphones. ??

Your website should look nice on the most popular mobile devices.

Tip: Use an analytics tool to track mobile usage of your website.

Technologies

Server IP
⚙ ⚙ ⚙

Server IP	Server Location	Service Provider
178.128.229.220	CanadaTimezone	Digital OceanOrganization

Your server's IP address has little impact on your SEO. Nevertheless, try to host your website on a server which is geographically close to your visitors.

Search engines take the geolocation of a server into account as well as the server speed.

Speed Tips
⚙ ⚙ ⚙

Tips for authoring fast-loading HTML pages:

✖ Too bad, your website has too many CSS files.

✖ Too bad, your website has too many JavaScript files.

✔ Perfect, your website doesn't use nested tables.

✖ Too bad, your website is using inline styles.

Website speed has a huge impact on performance, affecting user experience, conversion rates and even rankings.

???By reducing page load-times, users are less likely to get distracted and the search engines are more likely to reward you by ranking your pages higher in the SERPs.

Conversion rates are far higher for websites that load faster than their slower competitors.

Analytics
⚙ ⚙ ⚙

Perfect, We 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.

Doc Type

Your Web Page doctype is HTML 5

The Doctype is used to instruct web browsers about the document type being used.

For example, what version of HTML the page is written in.

Declaring a doctype helps web browsers to render content correctly.

W3C Validity

W3C not validated

W3Cis a consortium that sets web standards.

Using valid markup that contains no errors is important because syntax errors can make your page difficult for search engines to

index. Run the W3C validation service whenever changes are made to your website's code.

Encoding

Great, language/character encoding is specified: UTF-8

Specifying language/character encoding can prevent problems with the rendering of special characters.

Social

Social Data
⚙ ⚙ ⚙

Your social media status

f Facebook: ✓ Drmajidi

G+ Twitter: ✓ Studioathletica

in Instagram: ✓ Studioathletica

> Social data refers to data individuals create that is knowingly and voluntarily shared by them.
>
> Cost and overhead previously rendered this semi-public form of communication unfeasible.
>
> But advances in social networking technology from 2004-2010 has made broader concepts of sharing possible.

Visitors

Traffic Rank   No Global Rank

A low rank means that your website gets a lot of visitors.

Your Alexa Rank is a good estimate of the worldwide traffic to your website, although it is not 100 percent accurate.

Visitors Localization   Your website is popular on following countries:

No data available

We recommend that you book the domain names for the countries where your ??website is popular.

This will prevent potential competitors from registering these domains and taking advantage of your reputation in such countries.

Estimated Worth $60 USD

Just a estimated worth of your website based on Alexa Rank.

Link Analysis

In-Page Links

We found a total of 140 links including both internal & external links of your site

Anchor	Type	Follow
No Anchor Text	Internal Links	Dofollow
416-722-3393	Internal Links	Dofollow
416-888-1008	Internal Links	Dofollow
Blog	Internal Links	Dofollow
Synvisc	Internal Links	Dofollow
Nstride Injection	Internal Links	Dofollow
PRP injection	Internal Links	Dofollow
Orthopaedic Surgery	Internal Links	Dofollow
Interventional Radiology	Internal Links	Dofollow
Pain Medicine	Internal Links	Dofollow
Medical Virtual Care	Internal Links	Dofollow
Prolozone Therapy	Internal Links	Dofollow
Physiotherapy	Internal Links	Dofollow
Hypermobility Program	Internal Links	Dofollow
Functional Movement Screen (FMS)	Internal Links	Dofollow
Electrotherapy & Physiotherapy	Internal Links	Dofollow
Ultrasound Physiotherapy	Internal Links	Dofollow
Shockwave Physiotherapy	Internal Links	Dofollow
Physiotherapy Exercise Prescription	Internal Links	Dofollow
Pre/Post Operative Rehabilitation	Internal Links	Dofollow
Athletic Taping	Internal Links	Dofollow
Bracing	Internal Links	Dofollow
Dry Needling	Internal Links	Dofollow
RMT Massage	Internal Links	Dofollow
Deep Tissue Therapy	Internal Links	Dofollow
Hot Stone	Internal Links	Dofollow
Cupping Therapy	Internal Links	Dofollow
Acupuncture	Internal Links	Dofollow
Pain Management	Internal Links	Dofollow
Nutrition	Internal Links	Dofollow
Registered Dietitian	Internal Links	Dofollow
Customized	Internal Links	Follow
Chiropractic	Internal Links	Dofollow
Custom Orthotics	Internal Links	Dofollow
Human Spring Approach	Internal Links	Dofollow
Electrotherapy	Internal Links	Dofollow
Ultrasound Therapy	Internal Links	Dofollow
Shockwave Therapy	Internal Links	Dofollow
Exercise Prescription	Internal Links	Dofollow
Graston Technique	Internal Links	Dofollow
Active Release Technique	Internal Links	Dofollow
East York Physiotherapy	Internal Links	Dofollow
ACL Club	Internal Links	Dofollow
Vestibular Physiotherapy	Internal Links	Dofollow
Massage Therapy	Internal Links	Dofollow
Athletic Therapy	Internal Links	Dofollow
Fascial Stretch Therapy	Internal Links	Dofollow

Body Transformation Program	Internal Links	Dofollow
Performance Training	Internal Links	Dofollow
Functional Range Conditioning (FRC)	Internal Links	Dofollow
IV therapy	Internal Links	Dofollow
VO2 Max Test Toronto	Internal Links	Dofollow
DEXA Body Composition Testing	Internal Links	Dofollow
Resting Metabolic Rate Testing	Internal Links	Dofollow
Titleist Performance Institute (TPI)	Internal Links	Dofollow
Blood Flow Restriction	Internal Links	Dofollow
Personal Trainer	Internal Links	Dofollow
Strength & Conditioning	Internal Links	Dofollow
Sport Performance Testing	Internal Links	Dofollow
Spine	Internal Links	Dofollow
Headache	Internal Links	Dofollow
Neck	Internal Links	Dofollow
Back	Internal Links	Dofollow
Low Back	Internal Links	Dofollow
Hip Physiotherapy	Internal Links	Dofollow
Arms	Internal Links	Dofollow
Rotator Cuff	Internal Links	Dofollow
Shoulder	Internal Links	Dofollow
Elbow	Internal Links	Dofollow
Wrist	Internal Links	Dofollow
Legs	Internal Links	Dofollow
Leg & Hip Physiotherapy	Internal Links	Dofollow
Upper Leg	Internal Links	Dofollow
Knee	Internal Links	Dofollow
Lower Leg	Internal Links	Dofollow
Ankle	Internal Links	Dofollow
Foot	Internal Links	Dofollow
Full Body	Internal Links	Dofollow
Brace	Internal Links	Dofollow
Custom Knee Brace in Toronto	Internal Links	Dofollow
Orthotics (3D Laser Casting)	Internal Links	Dofollow
Compression Socks	Internal Links	Dofollow
Polar Heart Rate Monitors	Internal Links	Dofollow
Billing Options	Internal Links	Dofollow
VIEW ALL	Internal Links	Dofollow
Hypermobility Syndrome Physiotherapy	Internal Links	Dofollow
Plica Syndrome Physiotherapy	Internal Links	Dofollow
Benign Paroxysmal Positional Vertigo (BPPV) Physiotherapy	Internal Links	Dofollow
DeQuervain's Tenosynovitis Physiotherapy	Internal Links	Dofollow
Torticollis Physiotherapy	Internal Links	Dofollow
Dyspraxia Physiotherapy	Internal Links	Dofollow
Myopathy Physiotherapy	Internal Links	Dofollow
Hand Injuries Physiotherapy	Internal Links	Dofollow
Spina Bifida Physiotherapy	Internal Links	Dofollow
Ankylosing Spondylitis Physiotherapy	Internal Links	Dofollow
Anterior Knee Pain Physiotherapy	Internal Links	Dofollow
Whiplash Injury Physiotherapy	Internal Links	Dofollow
Ankle Sprain Physiotherapy	Internal Links	Dofollow
Golfer's Elbow (Medial Epicondylitis) Physiotherapy	Internal Links	Dofollow
Tennis Elbow (Lateral Epicondylitis) Physiotherapy	Internal Links	Dofollow

Achilles Tendinitis Physiotherapy	Internal Links	Dofollow
Rotator Cuff Injuries Physiotherapy	Internal Links	Dofollow
Motor Vehicle Accident Injuries Physiotherapy	Internal Links	Dofollow
Fibromyalgia Physiotherapy	Internal Links	Dofollow
Bursitis Physiotherapy	Internal Links	Dofollow
Plantar Fasciitis Physiotherapy	Internal Links	Dofollow
Sciatica Physiotherapy	Internal Links	Dofollow
Carpal Tunnel Syndrome Physiotherapy	Internal Links	Dofollow
Frozen Shoulder (Adhesive Capsulitis) Physiotherapy	Internal Links	Dofollow
Lymphedema Management Physiotherapy	Internal Links	Dofollow
Temporomandibular Joint Disorders (TMJ) Physiotherapy	Internal Links	Dofollow
Tendonitis Physiotherapy	Internal Links	Dofollow
Pelvic Floor Dysfunction Physiotherapy	Internal Links	Dofollow
Osteoporosis Physiotherapy	Internal Links	Dofollow
Arthritis Management Physiotherapy	Internal Links	Dofollow
Sports Injuries Physiotherapy	Internal Links	Dofollow
Back Pain Physiotherapy	Internal Links	Dofollow
Scoliosis Physiotherapy	Internal Links	Dofollow
Neck and Shoulder Pain Physiotherapy	Internal Links	Dofollow
Neck and Shoulder Pain	Internal Links	Dofollow
Physiotherapy	Internal Links	Dofollow
PRP Injections in Canada for US Patients	Internal Links	Dofollow
Medical Virtual Care	Internal Links	Dofollow
All Rights Reserved.	Internal Links	Dofollow
Chiropractor Toronto Downtown	Internal Links	Dofollow
Resources	Internal Links	Dofollow
Compression Socks Toronto	Internal Links	Dofollow
Resources	Internal Links	Dofollow
Physiotherapist - Toronto	Internal Links	Dofollow
Resources	Internal Links	Dofollow
Physiotherapy - Toronto	Internal Links	Dofollow
Resources	Internal Links	Dofollow
Physiotherapy Clinic - Toronto	Internal Links	Dofollow
Resources	Internal Links	Dofollow
No Anchor Text	External Links	Dofollow
No Anchor Text	External Links	Nofollow
No Anchor Text	External Links	Nofollow
No Anchor Text	External Links	Nofollow

While there's no exact limit to the number of links you should include on a page, best practice is to avoid exceeding 200 links.

Links pass value from one page to another, but the amount of value that can be passed is split between all of the links on a page. This means that adding unnecessary links will dilute the potential value attributed to your other links.

Using the Nofollow attribute prevents value from being passed to the linking page, but it's worth noting that these links are still taken into account when calculating the value that is passed through each link, so Nofollow links can also dilute pagerank.

Broken Links

Broken links were found on this web page

https://www.studioathletica.com/?page_id=7728

Broken links send users to non-existing web pages. They are bad for your site's usability, reputation and SEO. If you find broken links in the future, take the time to replace or remove each one.

Website SEO Stats