# SEO Audit Report

https://jointefforts.in/top-5-benefits-of-regular-physiotherapy-for-office-workers/
Audit #618 · 2026-06-11 02:54 · 28.44 s

**80**

✓ 42 pass · ! 16 warn · ✗ 7 fail

## Category scores

| Category | Score |
|---|---|
| Meta | 89/100 |
| Headings | 100/100 |
| Schema | 100/100 |
| Technical | 95/100 |
| Sitemap | 100/100 |
| Ssl Security | 80/100 |
| Page Speed | 53/100 |
| Links | 88/100 |
| Images | 58/100 |
| Content | 55/100 |
| Mobile | 100/100 |
| Hreflang | 100/100 |
| Geo | 50/100 |

## Meta (9)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Fail | Title tag present<br>title_present | No <title> tag was found in <head>. | Add a unique, descriptive <title> tag. |
| Pass | Meta description present<br>meta_description_present | Meta description present. | — |
| Pass | Meta description length<br>meta_description_length | Description 152 chars — within range. | — |
| Pass | OpenGraph title present<br>og_title_present | Og title present present. | — |
| Pass | OpenGraph description present<br>og_description_present | Og description present present. | — |
| Pass | OpenGraph image present<br>og_image_present | Og image present present. | — |
| Pass | Twitter card present<br>twitter_card_present | Twitter card present present. | — |
| Pass | Viewport meta tag present<br>meta_viewport_present | Viewport meta tag present. | — |
| Pass | Charset meta tag present<br>meta_charset_present | Charset declared. | — |

## Headings (5)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Pass | H1 tag present<br>h1_present | Found 1 H1. | — |
| Pass | Single H1 tag<br>h1_count | Exactly one H1. | — |
| Pass | H1 has reasonable length<br>h1_length | H1 length 58 chars. | — |
| Pass | Sufficient H2 tags<br>h2_count | 4 H2 tags — good content structure. | — |
| Pass | Heading hierarchy<br>heading_hierarchy | Heading levels descend logically. | — |

## Schema (6)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Pass | JSON-LD structured data present<br>schema_json_ld_present | 1 JSON-LD blocks present. | — |
| Pass | JSON-LD is valid JSON<br>schema_valid_json | All JSON-LD blocks parse cleanly. | — |
| Pass | Recommended schema types used<br>schema_recommended_types | Recommended schema types found. | — |
| Pass | No deprecated schema types<br>schema_no_deprecated | No deprecated schema types. | — |
| Pass | No restricted schema types<br>schema_no_restricted | No restricted schema types. | — |
| Info | Microdata or RDFa present<br>schema_microdata_present | No microdata. JSON-LD is preferred — this is informational only. | — |

## Technical (8)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Pass | Canonical URL present<br>canonical_present | Canonical link found. | — |
| Pass | Canonical self-references<br>canonical_self_referencing | Canonical points to this page. | — |
| Pass | Page is indexable<br>robots_meta_indexable | No noindex directive. | — |
| Pass | HTML lang attribute<br>lang_attribute_present | <html lang="en-US"> declared. | — |
| Pass | HTML5 doctype<br>doctype_html5 | HTML5 doctype declared. | — |
| Pass | Favicon present<br>favicon_present | Favicon declared. | — |
| Pass | HTTP status 2xx<br>http_status_ok | Server returned 200. | — |
| Warning | Response time acceptable<br>response_time_ok | Fetched in 1475 ms — acceptable but slow. | Aim for under 800 ms TTFB. |

## Sitemap (4)

| Status | Check | Message | Recommendation |
|---|---|---|---|

| | | | |
|---|---|---|---|
| Pass | robots.txt accessible<br>robots_txt_found | robots.txt found. | — |
| Pass | robots.txt does not block<br>robots_txt_no_block | robots.txt does not block this page. | — |
| Pass | sitemap.xml accessible<br>sitemap_xml_found | Sitemap found at https://jointefforts.in/sitemap_index.xml. | — |
| Pass | Sitemap referenced<br>sitemap_referenced | Sitemap referenced from robots.txt. | — |

## Ssl Security (6)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Pass | Page served over HTTPS<br>ssl_https | Served over HTTPS. | — |
| Pass | TLS handshake succeeds<br>ssl_valid | TLS handshake succeeded. | — |
| Pass | HTTP redirects to HTTPS<br>http_redirects_to_https | HTTP requests redirect to HTTPS. | — |
| Warning | HSTS header present<br>hsts_header_present | Missing strict-transport-security header. | Add strict-transport-security for hardened security posture. |
| Warning | CSP header present<br>csp_header_present | Missing content-security-policy header. | Add content-security-policy for hardened security posture. |
| Warning | X-Content-Type-Options<br>x_content_type_options | Missing x-content-type-options header. | Add x-content-type-options for hardened security posture. |

## Page Speed (8)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Fail | PageSpeed performance score<br>pagespeed_score | Score 29/100 — poor. | Major performance work required. |
| Fail | Largest Contentful Paint<br>lcp_within_threshold | Poor: 12.85s. | Improve to ≤ 2.5s. |
| Fail | Cumulative Layout Shift<br>cls_within_threshold | Poor: 1.001. | Improve to ≤ 0.1. |
| Fail | First Contentful Paint<br>fcp_within_threshold | Poor: 4.09s. | Improve to ≤ 1.8s. |
| Pass | Time To First Byte<br>ttfb_within_threshold | Within good threshold (0.11s). | — |
| Info | Interaction to Next Paint<br>inp_within_threshold | INP is a field-only metric — not measured here. | — |
| Pass | Few render-blocking resources<br>render_blocking_resources | No render-blocking resources detected. | — |
| Warning | Compression enabled<br>gzip_or_brotli | No gzip/brotli content-encoding header. | Enable gzip or Brotli on your server. |

## Links (4)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Pass | Healthy internal link count<br>internal_link_count | 25 unique internal links. | — |
| Pass | No broken internal links<br>no_broken_internal_links | All 10 sampled internal links return success. | — |
| Warning | External links safe<br>external_links_safe | 1 external _blank links missing rel=noopener. | Add rel="noopener noreferrer" to target="_blank" links for security. |
| Pass | Descriptive anchor text<br>descriptive_anchor_text | Anchor texts are descriptive. | — |

## Images (4)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Fail | Images have alt text<br>images_alt_present | 1 of 4 images missing alt attribute. | Add alt text describing each image (alt="" for purely decorative). |
| Warning | Below-fold images lazy<br>images_lazy_loaded | Only 0 of 4 images use loading="lazy". | Add loading="lazy" to images below the fold. |
| Warning | Modern image formats<br>images_modern_formats | No images use webp/avif. | Adopt WebP/AVIF — typically 25-50% smaller than JPEG/PNG. |
| Pass | Images have dimensions<br>images_have_dimensions | All images have width/height set. | — |

## Content (6)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Pass | Sufficient word count<br>word_count | 6444 words — substantive content. | — |
| Fail | Readable prose<br>readability | Flesch reading ease -366.6 — very difficult. | Aggressively simplify prose for general audience. |
| Warning | E-E-A-T: Experience<br>eeat_experience | Moderate: | Strengthen Experience signals on this page. |
| Warning | E-E-A-T: Expertise<br>eeat_expertise | Moderate: | Strengthen Expertise signals on this page. |
| Warning | E-E-A-T: Authoritativeness<br>eeat_authority | Moderate: | Strengthen Authoritativeness signals on this page. |
| Warning | E-E-A-T: Trustworthiness<br>eeat_trust | Moderate: | Strengthen Trustworthiness signals on this page. |

## Mobile (4)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Pass | Viewport set for mobile<br>mobile_viewport | Responsive viewport configured. | — |
| Pass | Tap targets reasonable<br>mobile_tap_targets | No obvious tap-target sizing problems. | — |
| Info | Legible font sizes<br>mobile_font_size | No inline body font-size — relying on stylesheet defaults. | — |

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Pass | No Flash/legacy plugins<br>mobile_no_flash | No legacy plugin elements. | — |

## Hreflang (4)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Info | hreflang tags present (if i18n)<br>hreflang_present | No hreflang tags. OK for monolingual sites. | — |
| Skipped | hreflang codes valid<br>hreflang_valid_codes | No hreflang to evaluate. | — |
| Skipped | hreflang self-reference<br>hreflang_self_ref | No hreflang to evaluate. | — |
| Skipped | hreflang x-default present<br>hreflang_x_default | No hreflang to evaluate. | — |

## Geo (4)

| Status | Check | Message | Recommendation |
|---|---|---|---|
| Warning | Content provides clear answers<br>geo_clear_answers | Moderate (5/10). | Improve to lift this dimension. |
| Warning | High factual density<br>geo_factual_density | Moderate (5/10). | Improve to lift this dimension. |
| Warning | Structured for AI extraction<br>geo_structured_for_ai | Moderate (5/10). | Improve to lift this dimension. |
| Warning | Cites authoritative sources<br>geo_authoritative_sources | Moderate (5/10). | Improve to lift this dimension. |