

Full-Site SEO Audit

https://jointefforts.in/
Site audit #16 · 2026-06-11 03:07 · 1,984.6 s

Mode: **hybrid** · Pages: **50 / 50** ·

80

overall

Site-wide issues (1)

Orphan Page

- Medium

 48 orphan pages found — discovered (e.g. via sitemap) but not linked from any other crawled page. — *Add internal links to these pages so users and crawlers can reach them.*
Affects 48 URL(s)

Per-page summary

URL	Depth	Score	Pass / Warn / Fail	Status
https://jointefforts.in/	0	80	41 / 18 / 6	Completed
https://jointefforts.in/vertigo-recovery-with-physiotherapy-feel-confident/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/effective-knee-pain-relief-what-really-works/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/frozen-shoulder-diagnosis-and-physiotherapy/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/post-pregnancy-rehab-complete-recovery-guide/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/tennis-elbow-treatment-with-physiotherapy/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/8-benefits-of-physiotherapy-for-neck-pain/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/vitalstim-therapy-physiotherapy-solutions/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/our-approach-to-back-pain-relief-7-steps-breakdown/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/professional-physiotherapy-over-diy-cure/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/sports-physiotherapy-prevent-treat-perform/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/schroth-method-for-scoliosis-transform-your-spinal/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/maternity-physiotherapy-new-guidance-to-motherhood/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/how-osteopathy-treatment-can-help-your-joints/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/shoulder-pain/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/joint-mobilisation/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/womens-physiotherapy/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/best-knee-pain-remedy-in-noida/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/knee-pain-relief/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/why-physiotherapy-exercises-are-effective/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/strong-bones-strong-life/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/the-point-of-pain-relief/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/5-signs-you-need-a-physiotherapist-not-a-trainer/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/chronic-pain-why-physiotherapy-matters/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/the-role-of-physiotherapy-in-post-surgery-recovery/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/how-physiotherapy-helps-prevent-sports-injuries/	1	79	41 / 17 / 7	Completed
https://jointefforts.in/from-baby-to-core-strength-physiotherapy-for-mothers/	1	79	41 / 17 / 7	Completed

URL	Depth	Score	Pass / Warn / Fail	Status
https://jointefforts.in/safe-mobility-for-seniors-how-physiotherapy-reduces-fall-risk/	1	79	40 / 18 / 7	Completed
https://jointefforts.in/sports-massage-physiotherapy-why-it-is-important/	1	80	41 / 18 / 6	Completed
https://jointefforts.in/lumbar-canal-stenosis/	1	80	41 / 18 / 6	Completed
https://jointefforts.in/spinal-cord-injury-treatment-physiotherapy/	1	80	41 / 17 / 7	Completed
https://jointefforts.in/ankle-sprain-treatment-and-physiotherapy/	1	80	41 / 18 / 6	Completed
https://jointefforts.in/guillain-barre-syndrome-essential-guide/	1	80	41 / 18 / 6	Completed
https://jointefforts.in/multiple-sclerosis-early-signs-care/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/bells-palsy-physiotherapy-recovery-treatment-guide/	1	80	41 / 17 / 7	Completed
https://jointefforts.in/parkinsons-disease-why-is-physiotherapy-effective/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/stroke-rehab-physiotherapy-to-regain-strength/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/recovering-from-acl-injury-with-physiotherapy/	1	80	43 / 15 / 7	Completed
https://jointefforts.in/spine-care-101-10-bad-daily-habits/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/physiotherapy-for-womens-health/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/post-surgery-rehabilitation/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/chiropractor-vs-physiotherapist-key-differences/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/manual-therapy-vs-electrotherapy-what-works-for-what/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/top-5-benefits-of-regular-physiotherapy-for-office-workers/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/physiotherapy-tips-for-gym-goers-stay-fit-without-injury/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/physiotherapy-vs-painkillers-a-long-term-solution-to-painkillers/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/a-collaborative-model-physiotherapist-trainer/	1	80	42 / 16 / 7	Completed
https://jointefforts.in/rotator-cuff-injury-your-path-to-healingauto-draft/	1	81	42 / 17 / 6	Completed
https://jointefforts.in/best-back-pain-treatment-relief-in-noida/	1	81	42 / 17 / 6	Completed
https://jointefforts.in/what-does-a-physiotherapist-do-a-simple-guide-for-first-timers/	1	81	42 / 18 / 5	Completed