

# Evaluation du site arthrorhehabphysiotherapy.com

Généré le 09 Juin 2025 13:45

Le score est de 61/100



## Optimisation du contenu

|             | Titre                                                                                                                                                       | <div>Best Physiotherapy Centre in Faridabad – ArthroRehab</div> <div>Longueur : 52</div> <div>Parfait, votre titre contient entre 10 et 70 caractères.</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|--------|-------|------|---------|-------|------------------------------------------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----------------------------------------|-----------|-------------------------------|
|             | Description                                                                                                                                                 | <div>Discover ArthroRehab – the Best Physiotherapy Centre in Faridabad for advanced pain relief, posture correction, and faster recovery with expert therapists.</div> <div>Longueur : 155</div> <div>Génial, votre balise META description contient entre 70 et 160 caractères.</div>                                                                                                                                                                                                                                                                                                                                                                          |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
|             | Mots-clefs                                                                                                                                                  | <div>Très mauvais. Nous n'avons pas trouvé de balise META keywords sur votre page. Utilisez <a href="#">ce générateur gratuit de balises META en ligne</a> pour créer des mots-clés.</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
|             | Propriétés Open Graph                                                                                                                                       | <div>Bien, cette page profite des balises META Open Graph.</div> <table><thead><tr><th>Propriété</th><th>Contenu</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Best Physiotherapy Centre in Faridabad – ArthroRehab</td></tr><tr><td>description</td><td>Discover ArthroRehab – the Best Physiotherapy Centre in Faridabad for advanced pain relief, posture correction, and faster recovery with expert therapists.</td></tr><tr><td>url</td><td>https://arthrorhehabphysiotherapy.com/</td></tr><tr><td>site_name</td><td>arthrorhehabphysiotherapy.com</td></tr></tbody></table> | Propriété | Contenu | locale | en_US | type | website | title | Best Physiotherapy Centre in Faridabad – ArthroRehab | description | Discover ArthroRehab – the Best Physiotherapy Centre in Faridabad for advanced pain relief, posture correction, and faster recovery with expert therapists. | url | https://arthrorhehabphysiotherapy.com/ | site_name | arthrorhehabphysiotherapy.com |
| Propriété   | Contenu                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
| locale      | en_US                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
| type        | website                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
| title       | Best Physiotherapy Centre in Faridabad – ArthroRehab                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
| description | Discover ArthroRehab – the Best Physiotherapy Centre in Faridabad for advanced pain relief, posture correction, and faster recovery with expert therapists. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
| url         | https://arthrorhehabphysiotherapy.com/                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
| site_name   | arthrorhehabphysiotherapy.com                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |         |        |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
|             | Niveaux de titre                                                                                                                                            | <table><tr><td>H1</td><td>H2</td><td>H3</td><td>H4</td><td>H5</td><td>H6</td></tr></table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | H1        | H2      | H3     | H4    | H5   | H6      |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |
| H1          | H2                                                                                                                                                          | H3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | H4        | H5      | H6     |       |      |         |       |                                                      |             |                                                                                                                                                             |     |                                        |           |                               |

## Optimisation du contenu

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|                                                                                     |                  | <ul style="list-style-type: none"> <li>• [H2] Our Service</li> <li>• [H2] Why Choose Us</li> <li>• [H2] Our Expert Team</li> <li>• [H2] Gallery</li> <li>• [H2] Latest Articles</li> <li>• [H2] Patient Success Stories</li> <li>• [H2] Frequently Asked Questions</li> <li>• [H2] ArthroRehab, Faridabad</li> <li>• [H2] Services</li> <li>• [H2] Quick Links</li> <li>• [H2] Follow Us</li> <li>• [H3] Orthopedic Rehabilitation</li> <li>• [H3] Chronic Pain Management</li> <li>• [H3] Sports Injuries Rehab &amp; Prevention</li> <li>• [H3] Pre- &amp; Post-Surgery Rehabilitation</li> <li>• [H3] Manual Therapy</li> <li>• [H3] Neurological Rehabilitation</li> <li>• [H3] 95%</li> <li>• [H3] Expert Team</li> <li>• [H3] Modern Facility</li> <li>• [H3] Flexible Scheduling</li> <li>• [H3] Personalized Care</li> <li>• [H3] The Importance of Physiotherapy in Post-Surgery Recovery</li> <li>• [H3] Understanding Chronic Pain: How Physiotherapy Can Help</li> <li>• [H3] The Role of Physiotherapy in Sports Injury Prevention and Treatment</li> <li>• [H3] What should I expect during my first physiotherapy session?</li> <li>• [H3] How many physiotherapy sessions will I need?</li> <li>• [H3] Do I need a doctor's referral to book a physiotherapy appointment?</li> <li>• [H3] Is physiotherapy painful?</li> <li>• [H3] What should I wear to my physiotherapy appointment?</li> <li>• [H4] Make an Appointment</li> <li>• [H4] Get 20% OFF on all packages at Arthro Rehab Physiotherapy Clinic.</li> <li>• [H4] Dr. Sandeep Hooda</li> <li>• [H4] Dr. Bharat Bhardwaj</li> <li>• [H4] Niks, Germany</li> <li>• [H4] David K.</li> <li>• [H4] Michelle T.</li> </ul> |
|  | Images           | <p>Nous avons trouvé 29 image(s) sur cette page Web.</p> <p>5 attribut(s) alt sont vides ou manquants. Ajouter un texte alternatif permet aux moteurs de recherche de mieux comprendre le contenu de vos images.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|  | Ratio texte/HTML | <p>Ratio : <b>8%</b></p> <p>le ratio de cette page texte/HTML est au-dessous de 15 pour cent, ce qui signifie que votre site manque de contenu textuel.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                                                                                     |                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

## Optimisation du contenu

|                                                                                  |        |                                                              |
|----------------------------------------------------------------------------------|--------|--------------------------------------------------------------|
|  | Flash  | Parfait, aucun contenu FLASH n'a été détecté sur cette page. |
|  | Iframe | Génial, il n'y a pas d'Iframes détectés sur cette page.      |

## Liens

|                                                                                   |                         |                                                                                               |
|-----------------------------------------------------------------------------------|-------------------------|-----------------------------------------------------------------------------------------------|
|   | Réécriture d'URLs       | Bien. Vos liens sont optimisés!                                                               |
|   | Tiret bas dans les URLs | Parfait! Aucuns soulignements détectés dans vos URLs.                                         |
|   | Liens dans la page      | Nous avons trouvé un total de 30 lien(s) dont 0 lien(s) vers des fichiers                     |
|  | Statistics              | Liens externes : noFollow 0%<br>Liens externes : Passing Juice 3.33%<br>Liens internes 96.67% |

## Liens dans la page

| Texte d'ancre                                          | Type    | Juice         |
|--------------------------------------------------------|---------|---------------|
| <a href="#">Who we are</a>                             | Interne | Passing Juice |
| <a href="#">Our Mission</a>                            | Interne | Passing Juice |
| <a href="#">Our Team</a>                               | Interne | Passing Juice |
| <a href="#">Orthopedic Rehabilitation</a>              | Interne | Passing Juice |
| <a href="#">Chronic Pain Management</a>                | Interne | Passing Juice |
| <a href="#">Sports Injuries Rehab &amp; Prevention</a> | Interne | Passing Juice |
| <a href="#">Pre- &amp; Post-Surgery Rehabilitation</a> | Interne | Passing Juice |
| <a href="#">Manual Therapy</a>                         | Interne | Passing Juice |
| <a href="#">Neurological Rehabilitation</a>            | Interne | Passing Juice |

## Liens dans la page

|                                                         |         |               |
|---------------------------------------------------------|---------|---------------|
| <a href="#">Oncology &amp; Pulmonary Rehabilitation</a> | Interne | Passing Juice |
| <a href="#">Spinal Rehabilitation</a>                   | Interne | Passing Juice |
| <a href="#">Geriatric Rehabilitation</a>                | Interne | Passing Juice |
| <a href="#">Musculoskeletal Rehabilitation</a>          | Interne | Passing Juice |
| <a href="#">Postural Assessment &amp; Training</a>      | Interne | Passing Juice |
| <a href="#">Overview</a>                                | Interne | Passing Juice |
| <a href="#">Gallery</a>                                 | Interne | Passing Juice |
| <a href="#">News</a>                                    | Interne | Passing Juice |
| <a href="#">Blogs</a>                                   | Interne | Passing Juice |
| <a href="#">Domestic</a>                                | Interne | Passing Juice |
| <a href="#">International Testimonial</a>               | Interne | Passing Juice |
| <a href="#">Contact Us</a>                              | Interne | Passing Juice |
| <a href="#">View All</a>                                | Interne | Passing Juice |
| <a href="#">View All</a>                                | Interne | Passing Juice |
| <a href="#">View Profile</a>                            | Interne | Passing Juice |
| <a href="#">View Profile</a>                            | Interne | Passing Juice |
| <a href="#">View All</a>                                | Interne | Passing Juice |
| <a href="#">Home</a>                                    | Interne | Passing Juice |
| <a href="#">Service</a>                                 | Interne | Passing Juice |
| <a href="#">Contact Us</a>                              | Interne | Passing Juice |
| <a href="#">DigiTrend</a>                               | Externe | Passing Juice |

## Mots-clefs

|                                                                                    |                     |                                                                                          |
|------------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------|
|  | Nuage de mots-clefs | rehab pain clinic appointment treatment chronic arthro physiotherapy rehabilitation from |
|------------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------|

## Cohérence des mots-clefs

| Mot-clef       | Contenu | Titre | Mots-clefs | Description | Niveaux de titre |
|----------------|---------|-------|------------|-------------|------------------|
| physiotherapy  | 18      | ✓     | ✗          | ✓           | ✓                |
| pain           | 11      | ✗     | ✗          | ✓           | ✓                |
| rehabilitation | 8       | ✗     | ✗          | ✗           | ✓                |
| rehab          | 8       | ✓     | ✗          | ✓           | ✓                |
| appointment    | 6       | ✗     | ✗          | ✗           | ✓                |

## Ergonomie

|                                                                                    |               |                                                           |
|------------------------------------------------------------------------------------|---------------|-----------------------------------------------------------|
|    | Url           | Domaine : arthrorerehabphysiotherapy.com<br>Longueur : 28 |
|    | Favicon       | Génial, votre site web dispose d'un favicon.              |
|  | Imprimabilité | Génial. L'impression est optimisée grâce aux styles CSS.  |
|  | Langue        | Bien. Votre langue est : en.                              |
|  | Dublin Core   | Cette page ne profite pas des métadonnées Dublin Core.    |

## Document

|                                                                                    |                        |                                                                                                                                                                        |
|------------------------------------------------------------------------------------|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Doctype                | HTML 5                                                                                                                                                                 |
|  | Encodage               | Parfait. Votre charset est UTF-8.                                                                                                                                      |
|  | Validité W3C           | Erreurs : 10<br>Avertissements : 7                                                                                                                                     |
|  | E-mail confidentialité | Attention! Au moins une adresse e-mail a été trouvée en texte clair. Utilisez <a href="#">une protection anti-spam gratuite</a> pour cacher vos e-mails aux spammeurs. |
|                                                                                    |                        |                                                                                                                                                                        |

## Document

|                                                                                  |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | HTML obsolètes  | Génial! Nous n'avons pas trouvé de balises HTML obsolètes dans votre code.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|  | Astuces vitesse | <div><div> Excellent, votre site n'utilise pas de tableaux imbriqués.</div><div> Mauvais, votre site web utilise des styles css inline.</div><div> Mauvais, votre site web contient trop de fichiers CSS (plus de 4).</div><div> Mauvais, votre site web contient trop de fichiers javascript (plus de 6).</div><div> Parfait : votre site tire parti de gzip.</div></div> |

## Mobile

|                                                                                  |                     |                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Optimisation mobile | <div><div> Icône Apple</div><div> Méta tags viewport</div><div> Contenu FLASH</div></div> |
|----------------------------------------------------------------------------------|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Optimisation

|                                                                                    |                    |                                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Sitemap XML        | <p>Votre site web dispose d'une sitemap XML, ce qui est optimal.</p> <div> <a href="https://arthrorehabphysiotherapy.com/sitemap.xml">https://arthrorehabphysiotherapy.com/sitemap.xml</a></div> |
|  | Robots.txt         | <p><a href="http://arthrorehabphysiotherapy.com/robots.txt">http://arthrorehabphysiotherapy.com/robots.txt</a></p> <p>Votre site dispose d'un fichier robots.txt, ce qui est optimal.</p>                                                                                           |
|  | Mesures d'audience | <p>Votre site web dispose d'une outil d'analytics, ce qui est optimal.</p> <div> Google Analytics</div>                                                                                          |