



Organic Research: Positions (Desktop)

vitalitychiropracticcenter.com

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158 KEYWORDS

The number of keywords bringing users to the website via Google's top 100 organic search results

778 TRAFFIC

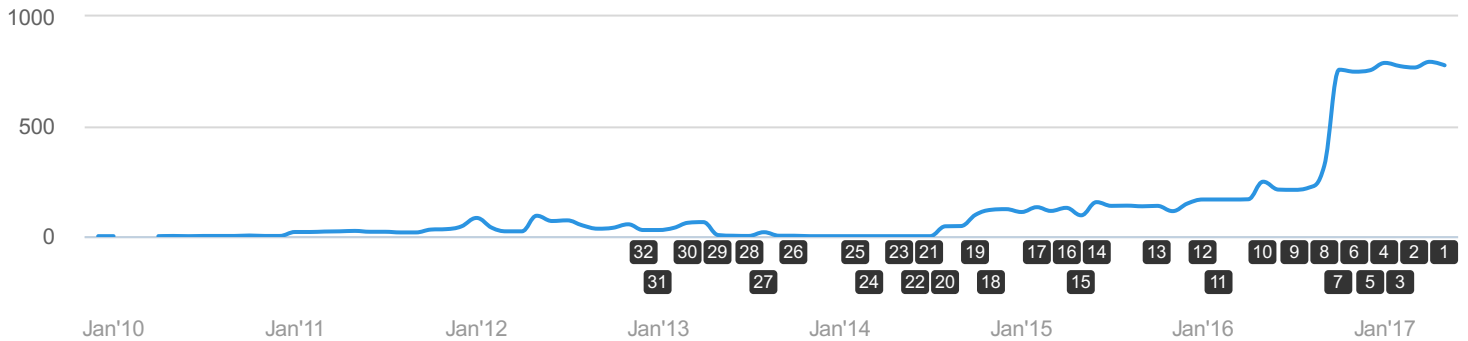
The number of users expected to visit the website in the following month on condition that average monthly organic traffic stays relatively the same

\$6.2K TRAFFIC COST

Estimated price of organic keywords in Google AdWords

Organic Search: Traffic chart

vitalitychiropracticcenter.com | US | All time



#	Date	Note	Category
1	May 21, 2017	Started using SEMrush service ↗ Your first note in SEMrush! Notes help you record important events and website changes to track them on SEMrush charts. Read more here: http://smr.sh/IGx	My notes
	May 17, 2017	Weeklong Google Update ↗ The SEMrush Sensor has reported a high volatility in Google's search results. Some webmasters have also confirmed that there was an update. Although this change may be caused by the recent drop of the Featured Snippet link from search results, it is not enough to completely explain the shifts, which have been occurring for a week already.	Google organic
2	Mar 17, 2017	AdWords' Exact Match Type Replaced with Semantic Match ↗ Google has announced that exact match keywords can now show for semantic match queries as well as exact match queries. This can lead to a decrease in conversion rates for some ads.	Google paid
	Mar 8, 2017	Large Google Rankings Update 'Fred' ↗ Webmaster forums have reported numerous position and traffic shifts. The SEMrush Sensor is also showing a High level of volatility this day. Google's representatives have officially confirmed that they released an update that specifically targets websites with "quality issues."	Google organic
	Mar 6, 2017	Google shows more Top Stories in Related Picks ↗ Google has added a new feature that allows users to see more AMPs in search results. Some pages now show the 'Related picks' section under Top Stories, which can be expanded into a series of AMPs.	Google organic

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3	Feb 7, 2017	Google Algorithm Update on Feb 7th ↗ Although less than a week has passed since the previous shift in rankings, it appears that Google is rolling out another ranking algorithm update. Many webmasters and tracking tools, including SEMrush Sensor, have reported significant rankings changes in Google search results.	Google organic
	Feb 1, 2017	Google Algo Update Seems to Target PBNs ↗ Webmasters and the BlackHatWorld forum have reported that there seems to be a Google update penalizing PBNs (Private Blog Networks), a black hat SEO technique. Although these claims are supported by data from different tracking tools, including SEMrush Sensor, Google has not officially confirmed this update.	Google organic
4	Jan 10, 2017	Intrusive Interstitials Mobile Penalty ↗ Google has announced that starting January 10th it will be penalizing mobile pages with interstitials that impede user access to content. Here are the examples of techniques that could be penalized: - Pop-ups that cover the main content - Standalone interstitial that needs to be dismissed to access the main content - Hiding the main content below the fold	Google organic
5	Dec 13, 2016	US Database Update ↗ SEMrush US database now contains over 120 million keywords.	SEMrush
	Dec 7, 2016	Desktop Search UI Update ↗ Google has updated the UI of its desktop search, bringing it closer to mobile UI. Apart from several visual changes, the desktop users now see more cards.	Google organic
6	Nov 23, 2016	AMP Carousels for Hotel Listings ↗ Google now shows a new AMP Carousel for hotel listings in mobile search results.	Google organic
	Nov 10, 2016	Google Algo Update: Mobile Impacted ↗ Several SERP tracking tools indicated significant changes in rankings on Thursday, November 10th. Symptoms indicate mobile-related changes, probably testing of mobile-first index.	Google organic
	Nov 4, 2016	Mobile-First Index Experiment Started ↗ Google announced that they've launched an experiment to use mobile version of the website as primary source of content. The scope of the experiment is limited for now, but will be gradually expanded. No significant impact on ranking is expected.	Google organic
7	Oct 13, 2016	Penguin 4.0 rollout complete ↗ Gary Illyes from Google confirmed that the rollout of Penguin 4.0 which started on September 23rd is completed by now.	Google organic
8	Sep 28, 2016	Penguin 4.0 Recoveries start to roll out ↗ Penguin 4.0 penalty recoveries started to roll out on September 28th, according to Gary Illyes from Google. They seem to be completed by the beginning of next week, October 3rd.	Google organic
	Sep 23, 2016	Penguin 4.0 launch ↗ Google has officially launched Penguin 4.0. The update eliminates the long wait for site owners to recover if they have been penalized. Also, Penguin is now part of the core algorithm, same as Panda.	Google organic
	Sep 20, 2016	AMPs indexed in organic search ↗ Google has officially rolled out Accelerated Mobile Pages in organic search results around the world. Corresponding pages may see an increase in mobile traffic	Google organic

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	Sep 2, 2016	Google Core Algo Update on Weekend ↗ Changes in core and local web search results have been widely reported by webmasters and ranking tools. John Mueller of Google did not officially confirm the update, although said it is definitely not Penguin 4.0.	Google organic
	Sep 1, 2016	Possum local algorithm launch ↗ 1. Businesses that fall outside of the physical city limits saw a huge spike in ranking. 2. Google is now filtering based on address and affiliation. 3. The physical location of the searcher is more important than it was before. 4. Search results vary more based on slight variations of the keyword searched. 5. The local filter seems to be running more independently from the organic filter.	Google organic
9	Jul 26, 2016	Expanded Text Ads are Live Google has officially launched expanded text ads. The extra-long ads with double headlines are now available across all devices. This may potentially change paid traffic flows.	Google paid
10	May 12, 2016	Mobile Friendly Boost ↗ Google representatives announce completion of an update which improves positions of mobile-friendly websites in mobile search	Google organic
11	Feb 20, 2016	Right sidebar Ads removed ↗ Google will no longer show ads in the right sidebar. Now it will place up to four ads above the search results and all the rest will be moved to the bottom of the results page, which may lead to a drop in click-through rates. This update is limited to desktop search results.	Google paid
12	Jan 16, 2016	Burj Khalifa Update ↗ Another core algorithm update confirmed by Google's representatives after significant fluctuations on the weekend.	Google organic
	Jan 8, 2016	Google Core Update ↗ Google's representatives have confirmed that they rolled out a core ranking algorithm update that took more than a week to complete.	Google organic
13	Oct 26, 2015	RankBrain Introduction ↗ Google announced the usage of machine-learning algorithm called RankBrain to sort search results	Google organic
	Oct 1, 2015	US Database Update ↗ On October 1st we launched an update of our US database update. Now it contains more than 80 million keywords and top 100 organic positions for each of them.	SEMrush
14	Jun 22, 2015	Panda 4.2 ↗ Google has announced that it has launched a Panda refresh, but it may take months to fully roll out.	Google organic
15	May 3, 2015	The Quality Update ↗ Google has confirmed that it made changes to its core ranking algorithm in terms of how quality signals are processed.	Google organic
16	Apr 22, 2015	Mobile Friendly Update ↗ Google has begun the global rollout of the mobile-friendly update that impacts search rankings on mobile devices only. This update introduces mobile-friendliness as a ranking factor and applies only to individual pages, not entire websites.	Google organic

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17	Feb 5, 2015	Unnamed Update ↗ Multiple SERP-trackers and many webmasters reported major flux in Google SERPs. Google did not officially confirm an update.	Google organic
18	Nov 13, 2014	Google Drops Carousel for Local Listings ↗ Google replaces its horizontal Carousel display of local search results by a 3-pack of organic listings. Several categories are affected: restaurants, nightlife, entertainment and hotels.	Google organic
19	Oct 24, 2014	Google Pirate Update ↗ Google announced an update to its filtering system. Near the end of the month torrent tracker websites took a dive in the search results	Google organic
	Oct 23, 2014	Panda 4.1 ↗ Google has announced that the latest version of its Panda Update — a filter designed to penalize “thin” or poor content from ranking well — has been released	Google organic
	Oct 17, 2014	Penguin 3.0 ↗ Google updated their Penguin algorithm with version 3.0. It evaluates a site’s backlink profile and may demote a site if it is poor	Google organic
	Oct 2, 2014	In the News' Box ↗ Google made a change in the display of the News-box results, and later announced they had expanded the news websites links set	Google organic
20	Aug 24, 2014	Authorship Removed ↗ John Mueller of Google Webmaster Tools announced that Google will completely stop showing authorship information in search results - both author photos and bylines	Google organic
	Aug 6, 2014	HTTPS as rank signal ↗ Google officially announced their decision to start using HTTPS as a ranking signal. Initially the update would affect less than 1% of queries, but we should expect for HTTPS to gain weight over time	Google organic
21	Jul 24, 2014	Pigeon ↗ Google has released a new algorithm to provide a more useful, relevant and accurate local search results that are tied more closely to traditional web search ranking signals. The changes will be visible within the Google Maps search results and Google Web search results.	Google organic
22	Jun 12, 2014	Payday Loan 3.0 ↗ The third version of PayDay Loan algorithm is officially announced, specifically targeting “very spammy queries”	Google organic
23	May 19, 2014	Panda 4.0 ↗ Matt Cutts announced the release of a major Panda update, affecting different languages to different degrees. For English-language the amount of affected queries revolving around 7,5%	Google organic
	May 16, 2014	Payday Loan 2.0 ↗ Google has confirmed they have released a new algorithm update to their Payday Loan Algorithm update over this weekend. This algorithm specifically targets “very spammy queries”	Google organic
24	Mar 24, 2014	Unnamed Update ↗ Major algorithm flux trackers and sites reported ranking changes, but this update was never confirmed by Google.	Google organic

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25	Feb 6, 2014	Top Heavy 3 ↗ Google has released a refresh of its Page Layout Algorithm. The filter, downgrades the ranking of a web page with too many ads at the top or if the ads are deemed too distracting for users.	Google organic
26	Oct 22, 2013	AdRank Update ↗ Google announced a change to Ad Rank, its ad serving calculation in AdWords that determines where your ad shows and how much you'll pay per click. In addition to max CPC bid and quality score, Ad Rank will now factor in the expected impact from ad extensions and formats	Google paid
	Oct 4, 2013	Penguin 2.1 ↗ The fifth confirmed release of Google's "Penguin" spam fighting algorithm went live, expected to impact about 1 percent of all searches	Google organic
27	Aug 20, 2013	Hummingbird ↗ Officially announced by Google a month later, Humminbird is an update of its core ranking algorithm	Google organic
28	Jul 27, 2013	Multi-Week Update ↗ A series of updates confirmed by Google representatives, spanning several weeks	Google organic
29	May 22, 2013	Penguin 2.0 ↗ Matt Cutts, the head of Google's Web spam team, announced the new Penguin 2.0 update saying that 2.3% of English queries will be noticeably impacted by this update	Google organic
30	Mar 14, 2013	Panda #25 ↗ Final update before incorporation of Panda into main algorithm	Google organic
31	Jan 22, 2013	Panda #24 ↗ Official Panda update announce by Google	Google organic
32	Dec 21, 2012	Panda #23 ↗ Official Panda update announce by Google	Google organic

Organic Search: Positions 1 - 100 (159)

US | vitalitychiropracticcenter.com

Keyword	Pos ▲	Volume	KD	CPC (USD)	URL	Traffic %	Costs %	Com.	Result	Trend	Last Update
vitality chiropractic bellevue	1 (1)	110	75.84	27.77	↗	11.31	39.26	0.52	38,000		-
vitality chiropractic	1 (1)	1,300	26.73	5.29	↗	78.53	51.94	0.17	464,000		-
vitality chiropractor	1 (1)	40	30.52	0.00	↗	2.31	0.00	0.09	411,000		-
vitality chiropractic center	2 (3)	140	44.14	4.84	↗	2.31	1.41	0.17	172,000		-
bellevue wa chiropractor	3 (3)	30	31.55	0.00	↗	0.25	0.00	0.25	76,000		-


Keyword	Pos [▲]	Volume	KD	CPC (USD)	URL	Traffic %	Costs %	Com.	Result	Trend	Last Update
chiropractor bellevue wa	3 (4)	90	31.80	7.74	↗	1.02	0.99	0.64	217,000		-
chiropractors in bellevue wa	3 (4)	30	34.24	20.69	↗	0.25	0.88	0.72	225,000		-
chiropractors bellevue wa	4 (3)	40	31.93	6.17	↗	0.25	0.27	0.69	217,000		-
chiropractor in bellevue wa	4 (3)	20	32.17	0.00	↗	0.12	0.00	0.65	-		-
bellevue chiropractic center	4 (5)	50	34.89	0.00	↗	0.38	0.00	0.22	471,000		-
chiropractic bellevue	4 (6)	20	30.41	22.93	↗	0.12	0.51	0.75	489,000		-
chiropractor in bellevue	5 (5)	50	31.23	6.19	↗	0.25	0.24	0.62	488,000		-
bellevue chiropractor	5 (6)	170	31.40	11.84	↗	1.02	1.60	0.64	241,000		-
bellevue chiropractors	5 (9)	50	34.92	0.00	↗	0.25	0.00	0.73	250,000		-
best chiropractor in bellevue	6 (6)	50	44.83	8.17	↗	0.25	0.32	0.57	545,000		-
chiropractor bellevue	6 (7)	170	31.32	16.78	↗	1.02	2.28	0.75	485,000		-
dr ian williams	9 (2)	10	71.87	0.00	↗	< 0.01	0.00	0.03	31,400,000		-
bellevue chiropractic group	15 (17)	20	73.92	0.00	↗	< 0.01	0.00	0.38	177,000		-
bellevue chiropractic	17 (11)	390	38.17	9.65	↗	0.12	0.24	0.74	405,000		-
washington chiropractic center	17 (41)	20	33.36	0.00	↗	< 0.01	0.00	0.29	864,000		-
shin splint solutions	20	20	82.08	0.00	↗	< 0.01	0.00	0.82	463,000		-
brittain chiropractic	20 (18)	90	66.83	5.68	↗	< 0.01	0.01	0.24	57,000		-
jorgensen chiropractic	22	110	47.95	0.00	↗	< 0.01	0.00	0.04	113,000		-
patti mullen	23 (20)	720	67.80	0.00	↗	0.12	0.00	0.04	427,000		-

Keyword	Pos [▲]	Volume	KD	CPC (USD)	URL	Traffic %	Costs %	Com.	Result	Trend	Last Update
strengthen shin muscles	24	20	85.48	0.00	↗	< 0.01	0.00	0.00	440,000		-
back to health bellevue	24 (26)	70	65.14	0.00	↗	< 0.01	0.00	0.04	4,060,000		-
can chiropractic help knee pain	25 (27)	90	54.76	2.33	↗	< 0.01	0.00	0.39	6,460,000		-
massage intake	28 (66)	90	50.66	0.00	↗	< 0.01	0.00	0.40	915,000		-
can a chiropractor help with knee pain	29 (19)	90	54.81	6.85	↗	< 0.01	0.00	0.31	6,020,000		-
intake form for massage therapy	30 (60)	20	45.57	0.00	↗	< 0.01	0.00	0.28	680,000		-
williams chiropractic center	32	50	43.40	6.89	↗	< 0.01	0.00	0.17	832,000		-
vitality med spa seattle	32 (39)	70	72.46	0.00	↗	< 0.01	0.00	0.13	108,000		-
bellevue wellness center	33 (26)	170	57.71	3.97	↗	< 0.01	0.00	0.03	828,000		-
rigby chiropractic	33 (40)	50	79.98	8.19	↗	< 0.01	0.00	0.11	78,000		-
vitality physical medicine	34	70	65.59	0.00	↗	< 0.01	0.00	0.00	706,000		-
vitality massage clinic	34 (36)	90	71.28	0.00	↗	< 0.01	0.00	0.00	488,000		-
therapy intake form	35	70	33.39	5.01	↗	< 0.01	0.00	0.52	2,550,000		-
vitality wellness center	36 (26)	170	43.72	0.00	↗	< 0.01	0.00	0.02	687,000		-
la college of chiropractic	36 (54)	20	75.17	0.00	↗	< 0.01	0.00	0.22	3,660,000		-
massage therapy intake form	37 (51)	260	44.21	3.69	↗	< 0.01	0.00	0.33	815,000		-
chiropractor knee alignment	38	40	58.78	4.31	↗	< 0.01	0.00	0.32	404,000		-
bellevue naturopath	38	20	37.89	0.00	↗	< 0.01	0.00	0.20	48,000		-

Keyword	Pos [▲]	Volume	KD	CPC (USD)	URL	Traffic %	Costs %	Com.	Result	Trend	Last Update
renton chiropractic center	38 (42)	90	38.35	0.00	↗	< 0.01	0.00	0.13	41,000		-
holman chiropractic	41	70	53.70	14.75	↗	< 0.01	0.00	0.22	164,000		-
shin muscle strengthening exercises	42	20	82.92	0.00	↗	< 0.01	0.00	0.00	515,000		-
massage therapy symbols	43 (41)	30	80.26	0.00	↗	< 0.01	0.00	0.17	678,000		-
pro sports club physical therapy	43 (45)	40	85.42	0.00	↗	< 0.01	0.00	0.00	848,000		-
vitality chiropractic sioux falls	45	50	86.88	5.99	↗	< 0.01	0.00	0.22	46,000		-
bellevue massage center	45 (50)	70	80.88	4.41	↗	< 0.01	0.00	0.29	908,000		-
burien chiropractic center	45 (56)	90	65.42	0.00	↗	< 0.01	0.00	0.17	20,000		-
form massage	45 (66)	70	57.19	0.00	↗	< 0.01	0.00	0.00	54,800,000		-
vitality spine center	46 (49)	90	78.81	21.18	↗	< 0.01	0.00	0.33	283,000		-
redmond wa chiropractor	47	50	37.05	0.00	↗	< 0.01	0.00	0.27	44,000		-
intake form massage therapy	47 (55)	40	46.59	4.39	↗	< 0.01	0.00	0.52	623,000		-
jennifer jorgensen	48	480	79.34	0.28	↗	< 0.01	0.00	0.07	590,000		-
naturopathic doctor bellevue wa	50	50	41.88	0.00	↗	< 0.01	0.00	0.08	21,000		-
strengthening shin muscles	50	20	85.14	0.00	↗	< 0.01	0.00	0.00	427,000		-
knee chiropractor	50 (43)	30	55.68	3.51	↗	< 0.01	0.00	0.39	804,000		-
corey chiropractic	50 (43)	140	48.29	13.33	↗	< 0.01	0.00	0.15	387,000		-
today accident	51	70	84.16	0.04	↗	< 0.01	0.00	0.34	182,000,000		-
teeth grinding bruxism	51 (58)	20	73.50	0.00	↗	< 0.01	0.00	0.27	533,000		-

Keyword	Pos [▲]	Volume	KD	CPC (USD)	URL	Traffic %	Costs %	Com.	Result	Trend	Last Update
chiropractor redmond wa	52	70	36.79	5.51	↗	< 0.01	0.00	0.51	119,000		-
redmond chiropractor	52 (56)	110	36.73	4.39	↗	< 0.01	0.00	0.44	150,000		-
massage center bellevue	53 (52)	70	78.75	2.04	↗	< 0.01	0.00	0.20	886,000		-
dr corey chiropractic	54 (31)	70	30.84	18.47	↗	< 0.01	0.00	0.30	522,000		-
redmond wellness and chiropractic	55 (52)	70	79.56	0.00	↗	< 0.01	0.00	0.01	859,000		-
mercier island massage	56	50	62.59	3.71	↗	< 0.01	0.00	0.43	514,000		-
physical medicine of bellevue	57 (50)	50	79.21	0.00	↗	< 0.01	0.00	0.04	349,000		-
chiropractor issaquah wa	57 (63)	30	41.15	8.47	↗	< 0.01	0.00	0.78	93,000		-
bellevue blood center	57 (74)	40	80.55	1.10	↗	< 0.01	0.00	0.10	596,000		-
chiropractic of bellevue	58 (28)	30	74.02	9.30	↗	< 0.01	0.00	0.55	111,000		-
massage yellow pages	58 (52)	20	71.91	1.47	↗	< 0.01	0.00	0.66	14,700,000		-
williams chiropractor	59 (38)	70	27.56	3.30	↗	< 0.01	0.00	0.23	596,000		-
issaquah chiropractic	59 (56)	20	45.80	5.43	↗	< 0.01	0.00	0.66	141,000		-
zumba bellevue	59 (62)	30	74.28	0.00	↗	< 0.01	0.00	0.09	279,000		-
chiropractor redmond	59 (65)	40	28.77	10.22	↗	< 0.01	0.00	0.50	400,000		-
massage therapist intake form	60 (43)	20	45.32	0.00	↗	< 0.01	0.00	0.30	251,000		-
vitality clinic	61 (49)	50	47.83	0.00	↗	< 0.01	0.00	0.00	461,000		-
is grinding your teeth bad	63 (61)	50	66.23	4.57	↗	< 0.01	0.00	0.01	726,000		-
massage names list	63 (87)	40	77.70	0.08	↗	< 0.01	0.00	0.31	32,000,000		-

Keyword	Pos [▲]	Volume	KD	CPC (USD)	URL	Traffic %	Costs %	Com.	Result	Trend	Last Update
grinding back teeth	63 (93)	20	79.61	0.55	↗	< 0.01	0.00	0.04	8,100,000		-
wall chiropractic	64	90	47.57	2.23	↗	< 0.01	0.00	0.26	15,900,000		-
naturopath bellevue	64 (44)	30	38.00	0.00	↗	< 0.01	0.00	0.38	46,000		-
accident date	64 (82)	50	84.90	0.00	↗	< 0.01	0.00	0.38	291,000,000		-
naturopath bellevue wa	65	70	38.25	0.00	↗	< 0.01	0.00	0.12	55,000		-
bellevue wellness	65 (66)	260	68.28	0.00	↗	< 0.01	0.00	0.00	585,000		-
golden state chiropractic	65 (67)	90	73.62	0.00	↗	< 0.01	0.00	0.15	424,000		-
chiropractor woodinville wa	66	70	54.02	0.00	↗	< 0.01	0.00	0.16	96,000		-
chinese massage bellevue	66 (68)	40	77.73	3.79	↗	< 0.01	0.00	0.32	452,000		-
dr williams chiropractor	66 (72)	170	28.96	5.27	↗	< 0.01	0.00	0.34	550,000		-
massage therapy intake form pdf	66 (80)	50	46.01	2.78	↗	< 0.01	0.00	0.48	240,000		-
best massage in bellevue	67 (60)	30	65.32	2.84	↗	< 0.01	0.00	0.45	3,630,000		-
redmond chiropractic	67 (66)	40	39.56	0.00	↗	< 0.01	0.00	0.39	351,000		-
bellevue acupuncture	68 (60)	110	33.56	6.01	↗	< 0.01	0.00	0.58	374,000		-
massage center of bellevue	68 (64)	320	87.38	0.00	↗	< 0.01	0.00	0.10	456,000		-
vitality acupuncture	68 (75)	720	56.30	0.80	↗	< 0.01	0.00	0.12	528,000		-
is it bad to grind your teeth	68 (89)	40	66.26	1.83	↗	< 0.01	0.00	0.02	591,000		-
shin splint meaning	69	70	90.38	0.00	↗	< 0.01	0.00	0.00	91,000		-
bellevue way bellevue wa	69 (47)	70	79.14	0.00	↗	< 0.01	0.00	0.00	1,810,000		-

Keyword	Pos [▲]	Volume	KD	CPC (USD)	URL	Traffic %	Costs %	Com.	Result	Trend	Last Update
asian massage bellevue wa	69 (72)	30	65.67	0.00	🔗	< 0.01	0.00	0.05	153,000		-