

PUBLIC REPORT BY PROMTPRESS

Channel audit

Healthy Spine - Easy!



@atlant_yug

How to fix posture, eliminate scoliosis, headaches, pain, numbness and discomfort in the spine. Contact: +79344773108 License: L041-01126-23/00630078 Krasnodar Sochi Novorossiysk

SUBSCRIBERS

26 910

-174 per month

ERR (% WHO SEE POSTS)

4.0%

last day 1.5%

REACH/POST

943

ad reach 404/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle under the number shows the period it covers.

 SUBSCRIBERS 26 910 —	 SUBS REACH 3.5% avg % subs see post	 VIEWS/POST 943 median 902 · 27 days	 POSTS/WEEK 8.8 for period
 7D TREND -11.4% vs previous week	 REACTIONS/POST 4.8 only 169 reactions, 82 reposts, 19 comments	 POST LENGTH 848 chars median 1000 · 27 days	 POSTS ANALYZED 35 27 days
 AD REACH 404 24h avg	 CHURN / MONTH -174 last month	 CITATION RATE 312 citation index · 429 channels mentioned all time	 CHANNEL AGE 4 years 3 months created 03.04.2022

AI EDITOR SUMMARY

Channel «Healthy Spine - Easy!» — 26 910 subs. Each post averages 943 people (4% of subs), reach is low — consider expanding audience. Publishes 9 posts per week (~1/day) — regular schedule. For week Jul 6–12 reach dropped -11.4% by week Jun 29 – Jul 5 — worth analyzing why.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers – to see what to repeat & what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **35** posts over 27 days.
- 02 Dominant format – **Video** (29/35 posts).
- 03 Avg post length – **848** chars (median 1000).
- 04 Peak audience activity – **Saturday**, 18:00 MSK.
- 05 Top posts get **2x** more views than the weakest (1.4K avg for top vs 640 for worst) – among 35 posts in 27 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 20.06 · 15:35 VIDEO Maria, 10 yrs Patient came to Atlant-YUG Spine Health Center with posture curvature and complaints: "One shoulder was higher..."	VIEWS 1 430 REPOSTS 3	REACTIONS 1 ER 5.3%
Nº2 25.06 · 15:38 PHOTO Neck pain, headache? Suffering from numb hands, want to shake them off? One doctor says: "MRI is normal, it's migraine," another says...	VIEWS 1 412 REPOSTS 3	REACTIONS 11 ER 5.2%
Nº3 24.06 · 16:03 VIDEO ! Why neck, head pain and numb hands? Watch the breakdown  ♦ Treated → felt better → a week later again...	VIEWS 1 364 REPOSTS 4	REACTIONS 4 ER 5.1%

Nº4 04.07 · 16:04 VIDEO "Neck strain, headache, pain under shoulder blade... Could it be osteochondrosis?" Familiar symptoms? Many immediately think: "Osteochondrosis, age..."	VIEWS 1 315 REPOSTS 3 REACTIONS 8 ER 4.9%
Nº5 22.06 · 12:00 VIDEO Suffering from numb hands, neck & head pain? Time for the truth! ! These are 3 symptoms of one problem! ! Did the exercises → next day...	VIEWS 1 295 REPOSTS 4 REACTIONS 4 ER 4.8%

WORST 3

↓ 09.07 · 12:58 VIDEO (post without caption – video)	VIEWS 687 REPOSTS 1 REACTIONS 1 ER 2.6%
↓ 15.07 · 16:04 VIDEO Analysis: Neck & back pain: how to break the cycle? ● Treated → felt better → a week later again...	VIEWS 639 REPOSTS 4 REACTIONS 3 ER 2.4%
↓ 16.07 · 15:19 VIDEO Ran to doctors. Got injections. But pain kept coming back... Natalia's story ↓ BEFORE: Lower back pain. Every month – acute...	VIEWS 596 REPOSTS 1 REACTIONS 4 ER 2.2%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

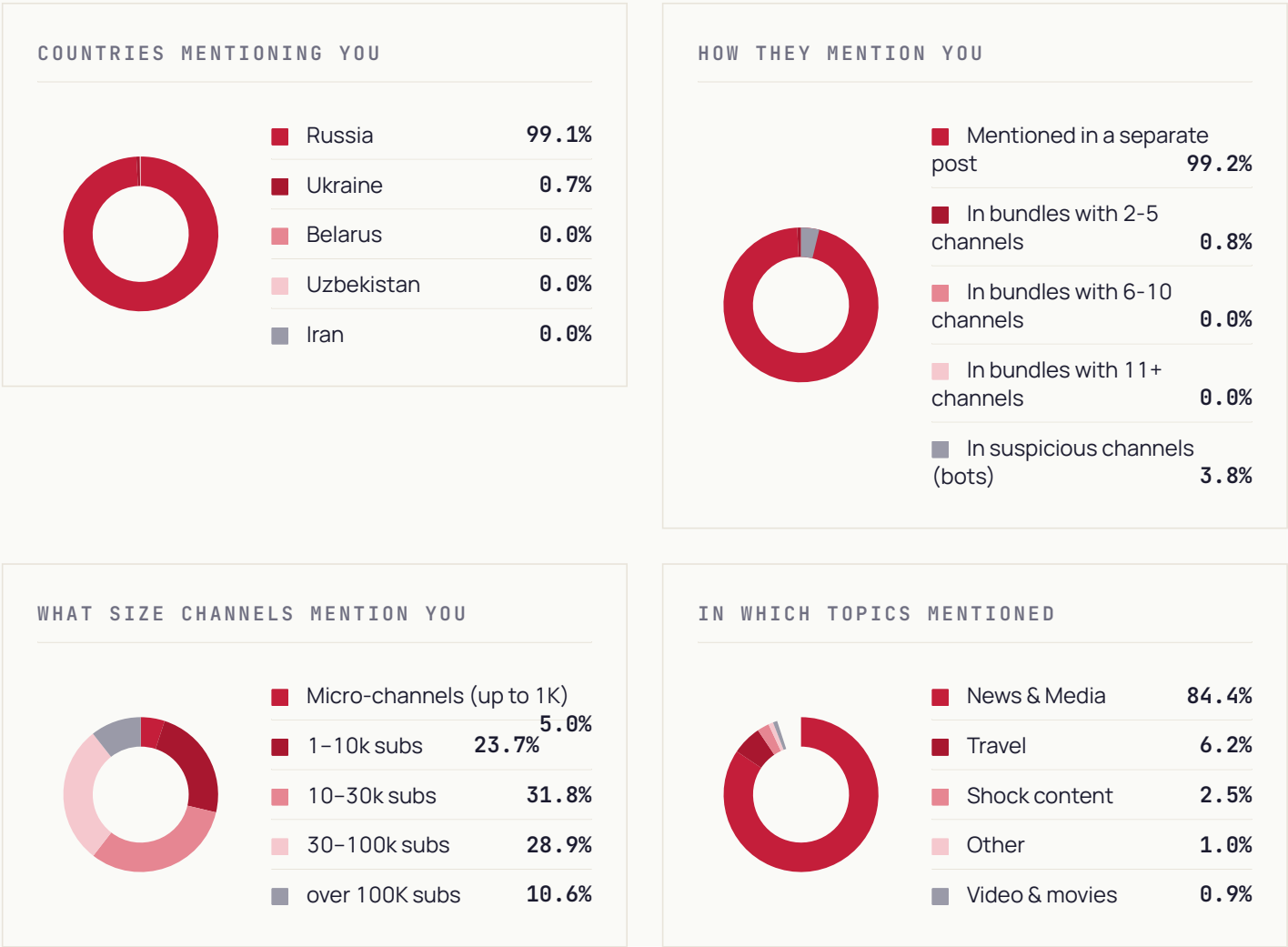
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

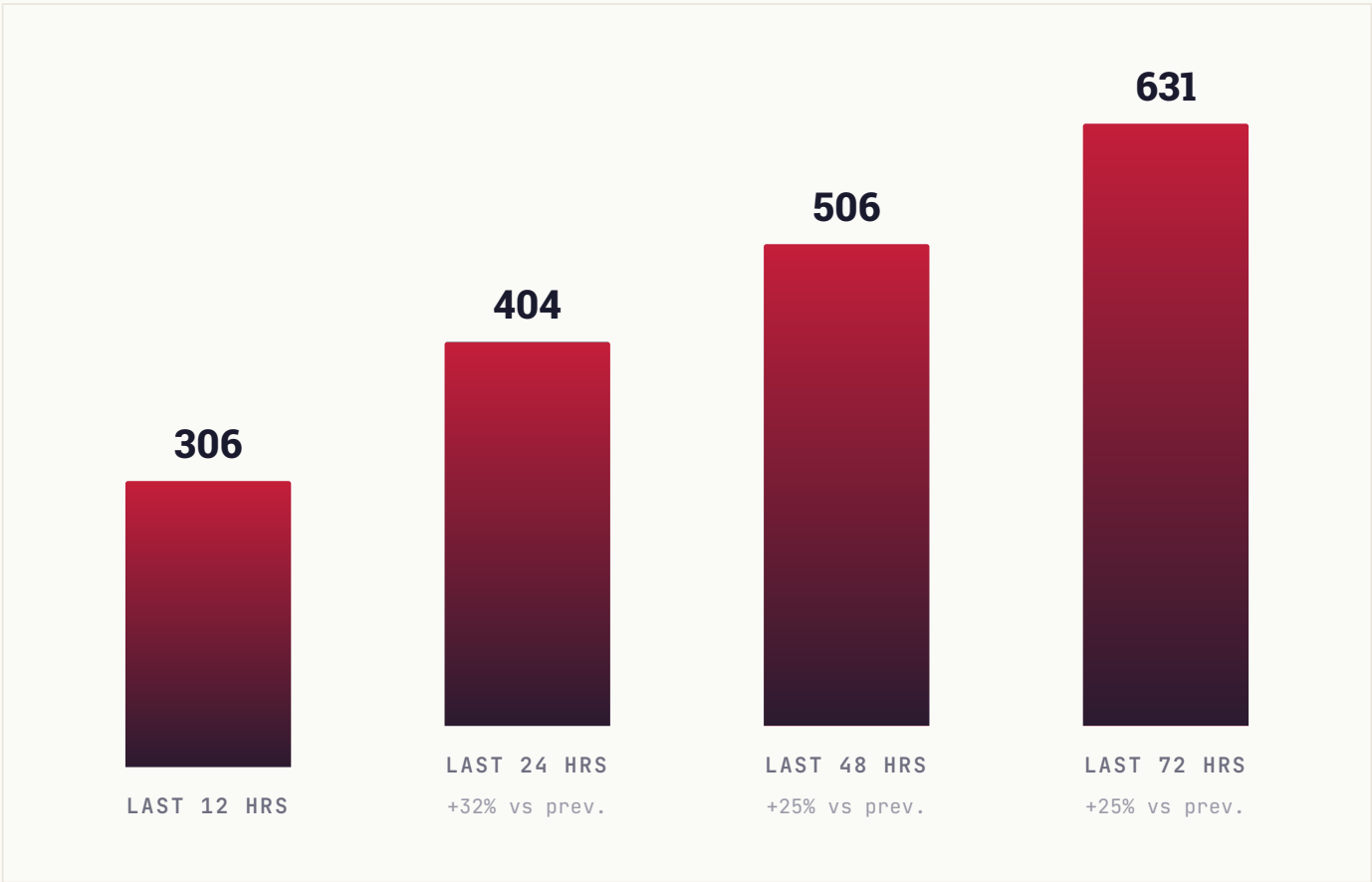
Citation index **312** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel “weighs” more than from a 1K subs channel. All time the channel was mentioned **429** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps estimate how long placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel highlighted – see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DT Dr Tel	755.5K
BI Blog from the morgue	354.1K
تا تعليم اللغة الإنجليزية 🧑🏫	328.2K
🩺 الجراحة 🩺 Surgery 🩺 - Crypto currency	318.4K
ER Endocrinologist Magerya	292.5K
EP EXPERIENCED PHARMACIST	264.6K
AP APTEKA_TV	241.5K
MM Moscow medicine	237.8K
🌿 F 🌿 Folk Medicine 🌿	235.1K
ЗД ZdravKontrol	222.2K
3Π Healthy Spine - Easy! YOU	26.9K

COMPARATIVE CONCLUSION

Channel is not yet outside top 97 of niche – early growth stage. Niche leader – Dr Tel (755.5K), median top-97: 103.2K. First goal – enter top-97 through systematic work with traffic and content.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **472**, they brought **4 679** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	26	25	168
December 2025	66	50	171
November 2025	93	70	676
October 2025	103	64	1 296
September 2025	90	66	1 116
August 2025	94	62	1 252

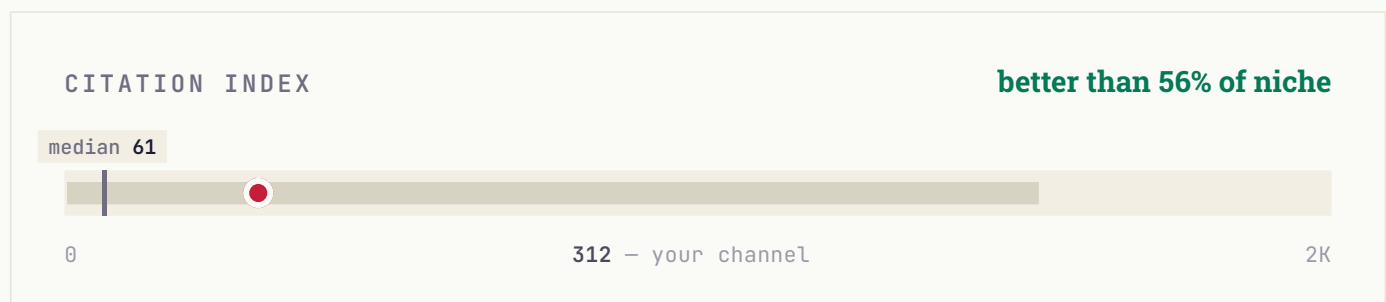
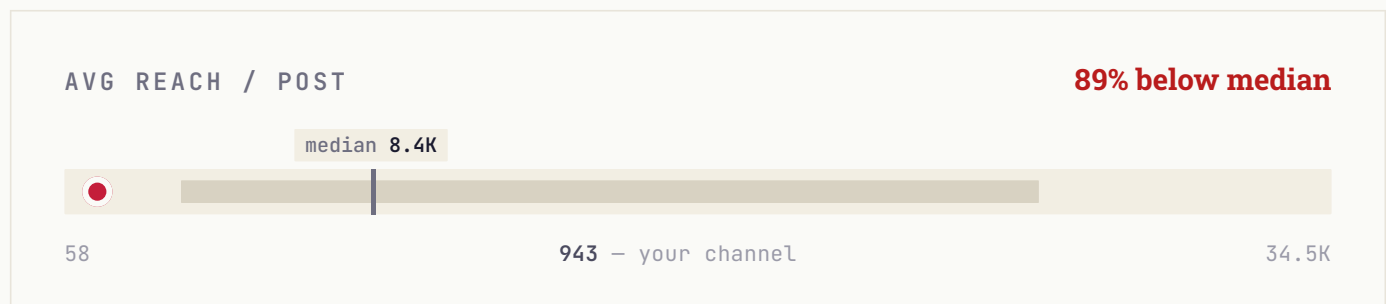
TOTAL MENTIONS	MONTHS IN DATA	ACQUIRED SUBS
472	6	4 679

Where the channel ranks in its league

SUBSCRIBERS 74% below median

A horizontal bar chart comparing a channel's subscriber count to a median. The chart has a light beige background. A dark beige bar represents the channel's performance, starting from a red dot on the left. A vertical line marks the median at 105.1K. The channel's count is 26,910, which is 74% below the median.

Metric	Value
Channel Subscribers	26 910
Median	105.1K
Percentage below median	74%
Range (Min-Max)	36.2K - 284.7K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

01

Top post of the week — on Saturday

Audience is most active on this day at 18:00 MSK.

EFFECT

**Best window
for an
important post**

02

ER below niche benchmark — rethink formats

Current ER 3.5% vs norm 5.5%. Try polls & interactive formats.

EFFECT

+2.0pp ER

03

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress selects sources for the niche.

EFFECT

**+1000-3000
subs**

04

Test polls & interactive formats

Posts with polls/reactions usually boost ER by 5-15%.
One poll per week on a “hot” topic — easy growth point.

EFFECT

+5-15% ER

05

Cross-promo with neighboring channels

Swap posts quarterly with same-segment channels. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. Want to go further? Run ads with us & hit your growth plan in a month.

01

Launch Telegram ads

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager