

PUBLIC REPORT BY PROMTPRESS

Channel audit

Vladimir Zhivotov - osteopath



@zhivotovvladimir

Osteopath, cranioposturologist <http://www.zhivotov.ru>
#7280788976 #ODNX22

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
90 847	6.0%	4.1K
02.07.2026 ⁺¹⁷⁰⁰ per month	per day ^{2.4%}	ad reach ^{2.2K} /24h
HTTPS://PROMTPRESS.COM/AUDIT/ZHIVOTOVVLADIMIR		

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

SUBSCRIBERS 90 847 —	SUBSCRIBER REACH 4.51% avg % subs see post	VIEWS/POST 4.1K median 4.4K · 29 days	POSTS/WEEK 7.7 for period
7D TREND +1.1% vs previous week	REACTIONS/POST 40.6 total 1,299 reactions, 582 reposts, 140 comments	POST LENGTH 897 chars median 1,000 · 29 days	POSTS ANALYZED 32 29 days
AD REACH 2.2K avg per 24h	CHURN / MONTH +1700 last month	CITATION RATE 27 citation index · 62 channels mentioned ever	CHANNEL AGE 4 years 4 months created 25.02.2022

AI EDITOR SUMMARY

Channel «Vladimir Zhivotov - osteopath» — 90 847 subs. Each post avg views 4.1K people (5% from subs), reach is low — expand audience. Publishes 8 posts/week (~1/day) — regular schedule. Week Jun 15–21 reach stable (+1.1% vs week of June 8–14).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop from rotation.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **32** posts in 29 days.
- 02 Dominant format — **Video** (14/32 posts).
- 03 Avg post length — **897** chars (median 1,000).
- 04 Audience peak activity — **Sunday**, 16:00 MSK.
- 05 Top posts get **2x** more views than the weakest (7.1K avg top vs 3.1K worst) — among 32 posts in 29 days. Analyze what top posts share: topic, format, time.

TOP 5 POSTS

Nº1 15.06 · 13:48 PHOTO Why orthopedic insoles for hallux valgus often don't work and don't solve the problem? ❌ How to properly help a child, I detailed in...	VIEWS 7 808 REPOSTS 32	REACTIONS 30 ER 8.6%
Nº2 07.06 · 13:47 VIDEO 🏆 Announcing the winners of the giveaway for best results in the course "No Belly: Maximum Health" You voted, the team tallied — and...	VIEWS 6 967 REPOSTS 6	REACTIONS 26 ER 7.7%
Nº3 12.06 · 16:10 VIDEO !! How you were born may still affect your life. 🌟 Sounds unusual. But that's what one of the deepest practices is about...	VIEWS 6 598 REPOSTS 7	REACTIONS 33 ER 7.3%

Nº4 03.06 · 15:02 VIDEO A 25-year story: excess weight after pregnancy, organ prolapse, hysterectomy due to multiple fibroids, and waiting for another...	VIEWS 6 597 REPOSTS 7	REACTIONS 53 ER 7.3%
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Nº5 16.06 · 10:19 VIDEO 🔥 How to effectively reduce puffiness One of the simplest ways to help your body flush excess fluid is movement. When a person...	VIEWS 6 491 REPOSTS 40	REACTIONS 105 ER 7.1%
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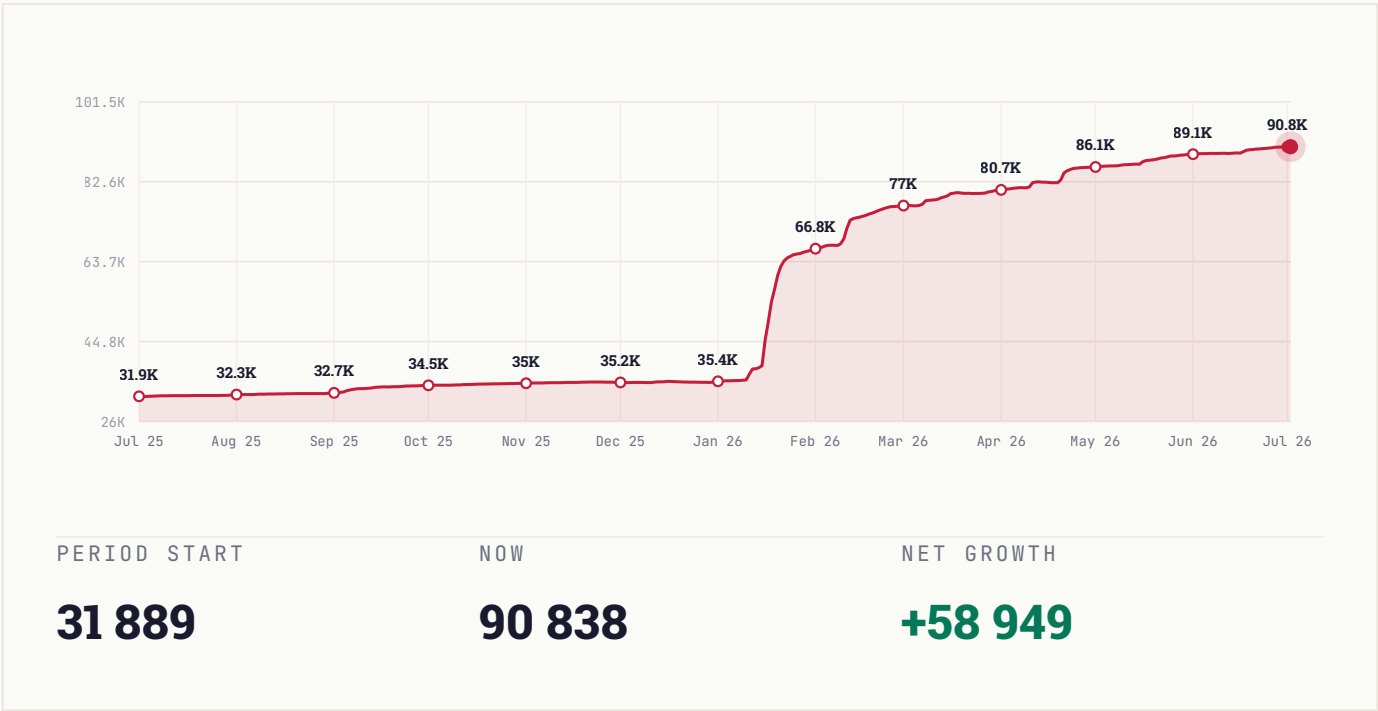
WORST 3

↓ 29.06 · 13:11 PHOTO ASK YOUR QUESTION TO A DOCTOR WITH 26 YEARS OF EXPERIENCE 🔥 Sometimes pain or a health issue bothers you for years. You can't understand...	VIEWS 3 310 REPOSTS 6	REACTIONS 24 ER 3.6%
↓ 28.06 · 10:45 VIDEO 🔥 MOVEMENT – THE BEST BODY RESET For good physical health, train to sweat daily. Not...	VIEWS 3 190 REPOSTS 6	REACTIONS 40 ER 3.5%
↓ 28.06 · 10:44 VIDEO (post without caption – video)	VIEWS 2 788 REPOSTS 3	REACTIONS 5 ER 3.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

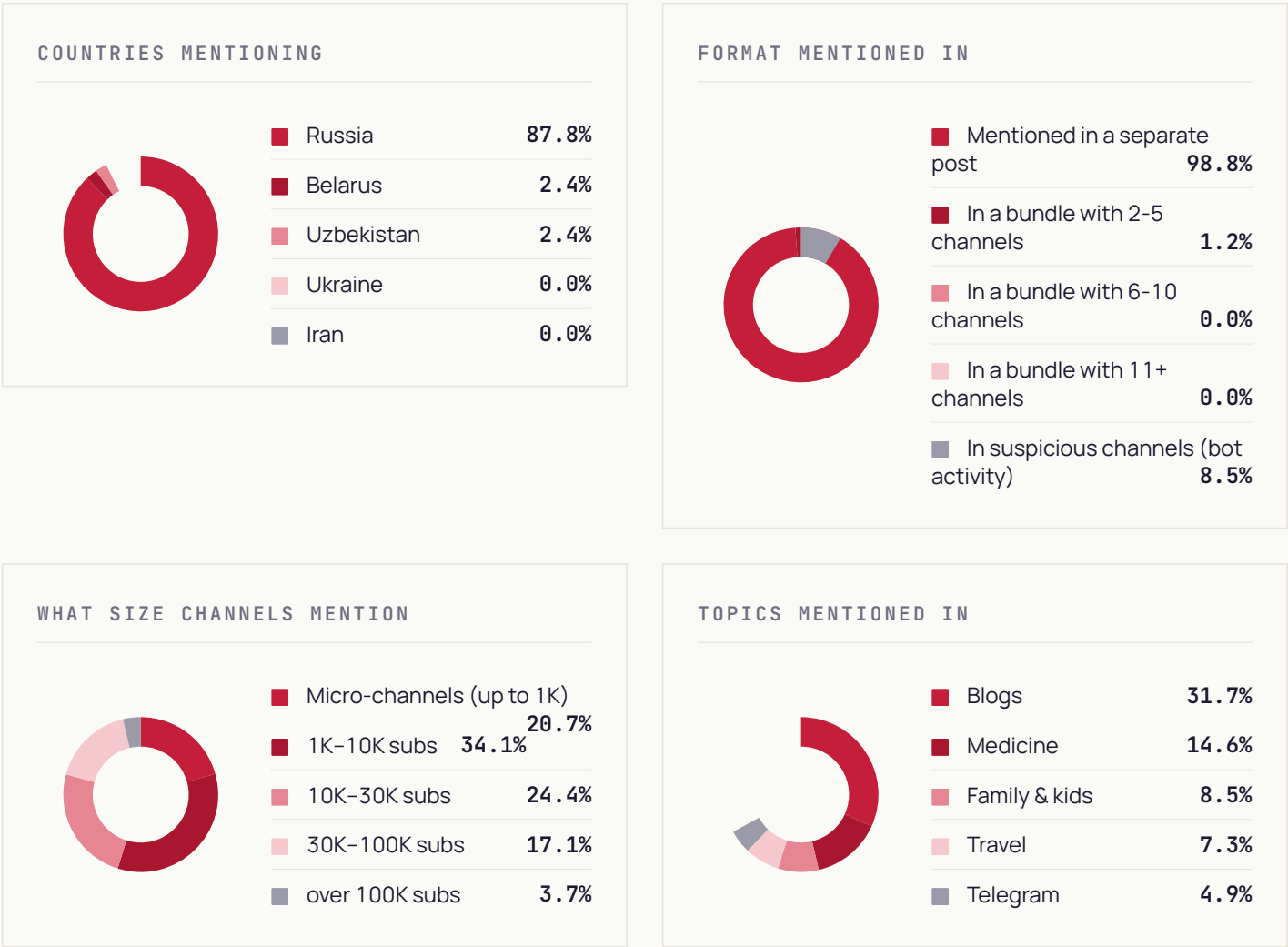
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

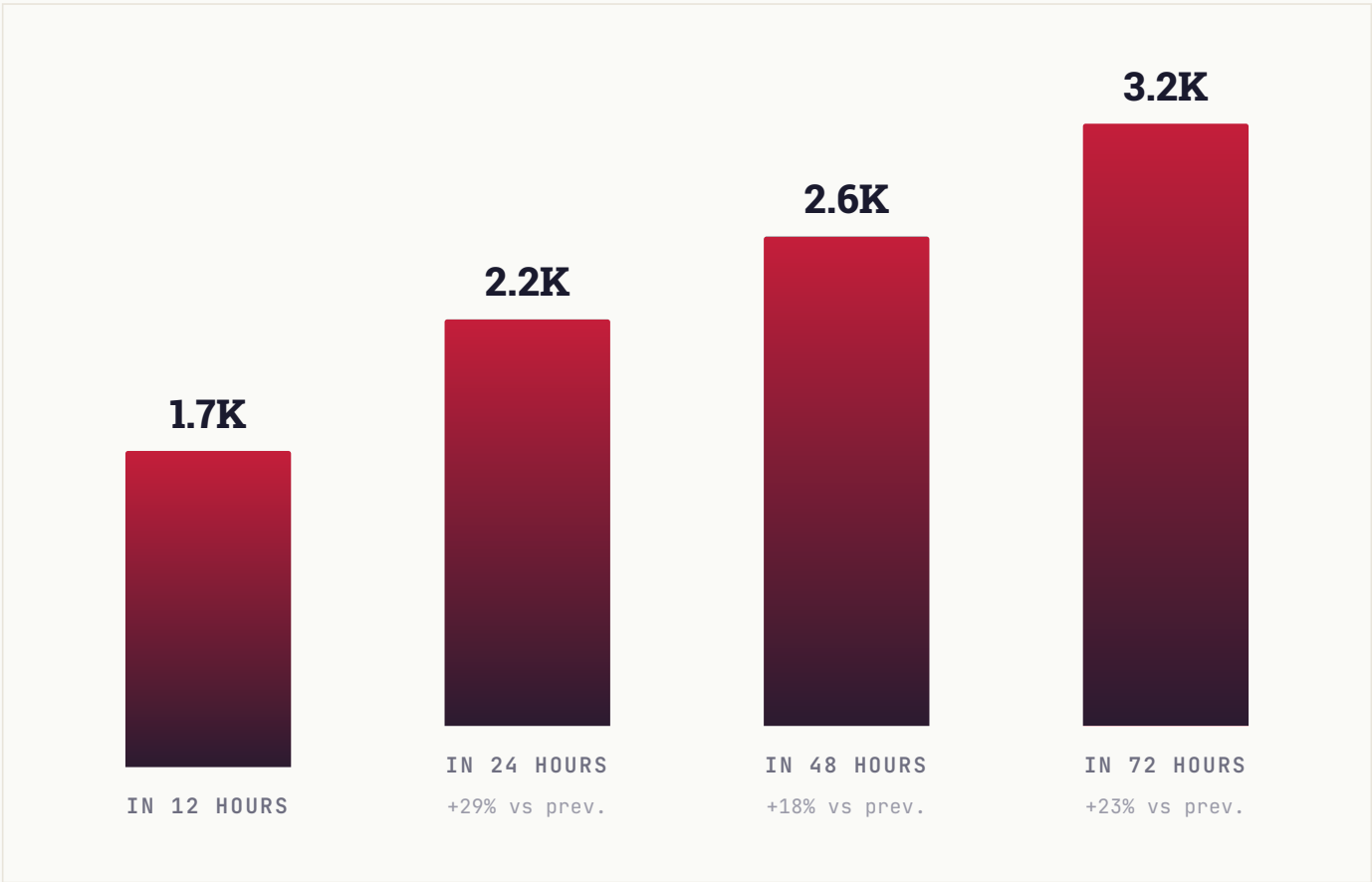
Citation index **27** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a channel with 100K subs weighs more than from 1K subs. All-time channel was mentioned **62** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
BI Blog from the morgue	357.1K
ER Endocrinologist Magerya	293.3K
EP EXPERIENCED PHARMACIST	266K
MM Moscow medicine	241.1K
ZD ZdravoKontrol	223.2K
KD Dr. Shishonin's channel	214.9K
AT Anatomical Theater	201.1K
MR Mikerina. Giving birth? Call the midwife!	192.2K
DM DOCTOR MYASNIKOV	182.4K
ZS Notes of a forensic expert	171.1K
VZh Vladimir Zhivotov - osteopath YOU	90.8K

COMPARATIVE CONCLUSION

Channel in top half of niche (#34 of 96). Niche leader — Blog from the morgue (357.1K), median subs 68.5K. Aim for the first quartile — a realistic 6-12 month horizon.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions **12**, they brought **34 759** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	6	5	31 156
December 2025	0	0	471
November 2025	0	0	337
October 2025	4	4	501
September 2025	1	1	1 820
August 2025	1	1	474

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
12	6	34 759

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «**Medicine**» (Russia) and saw how your channel compares. Gray band = range for 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.

#34 /100

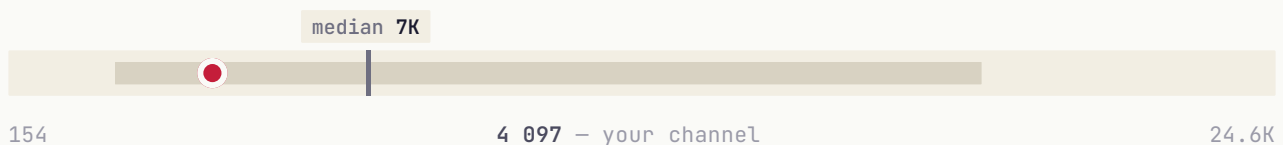
POSITION IN NICHE

Channel in the top half of the ranking

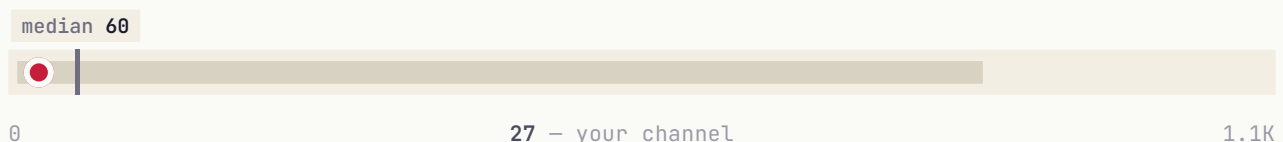
SUBSCRIBERS

better than 58% of niche


AVG REACH / POST

42% worse than median


CITATION INDEX

55% worse than median


— 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 Sunday

Audience is most active on this day at 16:00 MSK.

EFFECT

**Best time for
an important
post**

02

ER below niche benchmark — rethink formats

Current ER 4.51% vs norm 5.5%. Try polls and interactive formats.

EFFECT

+1.0pp ER

03

Systematic traffic buying

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

EFFECT

**+1000-3000
subs**

04

Test polls and interactive formats

Posts with polls/reactions typically boost ER by 5-15%.
One weekly poll on a hot topic is an easy growth lever.

EFFECT

+5-15% ER

05

Cross-promo with similar channels

Exchange posts with same-segment channels once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes using public data. To go further — run ads through us and hit your growth target in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
