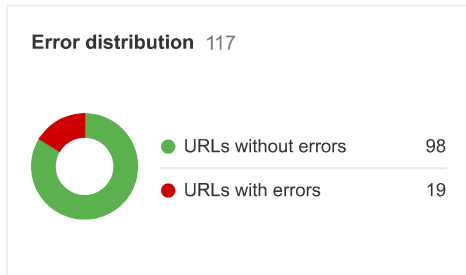
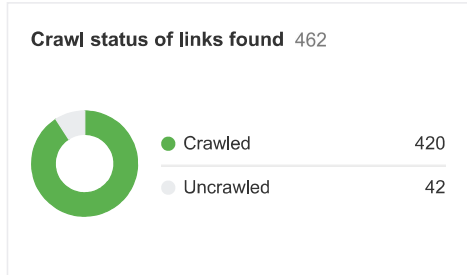
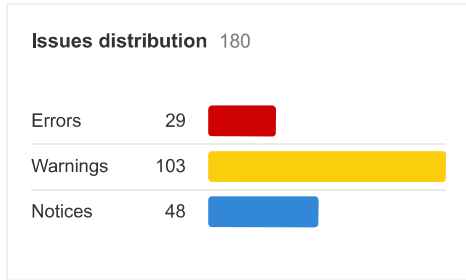
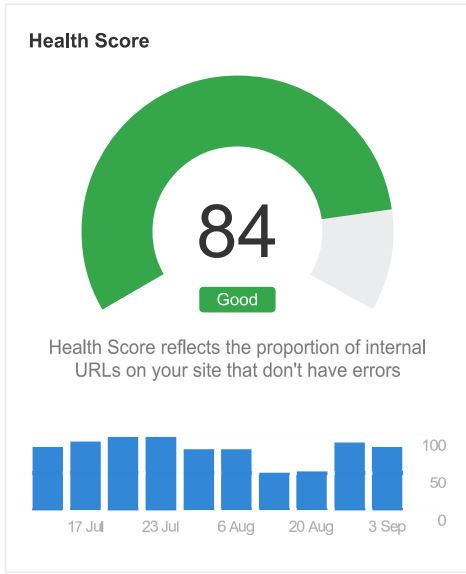
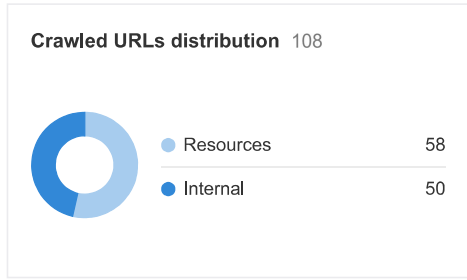


Overview [How to use](#)

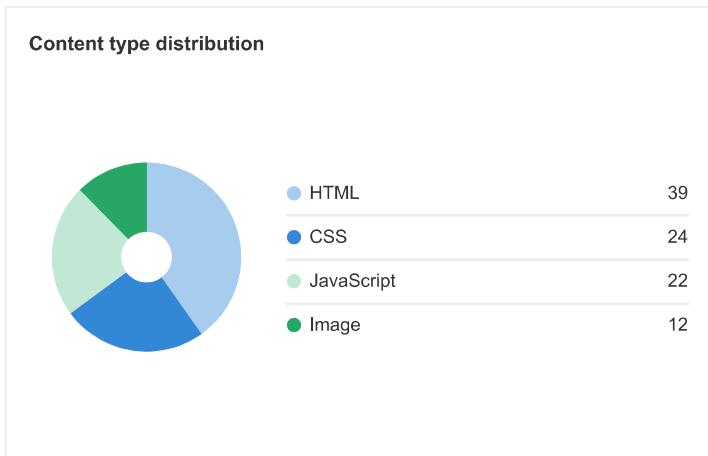
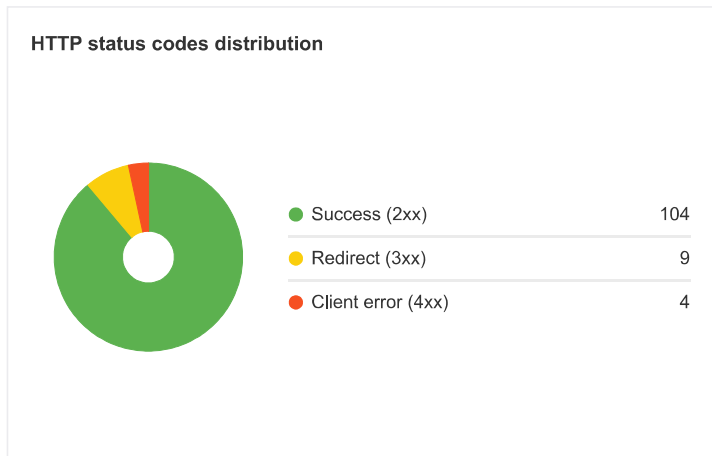


Top Issues [?](#)

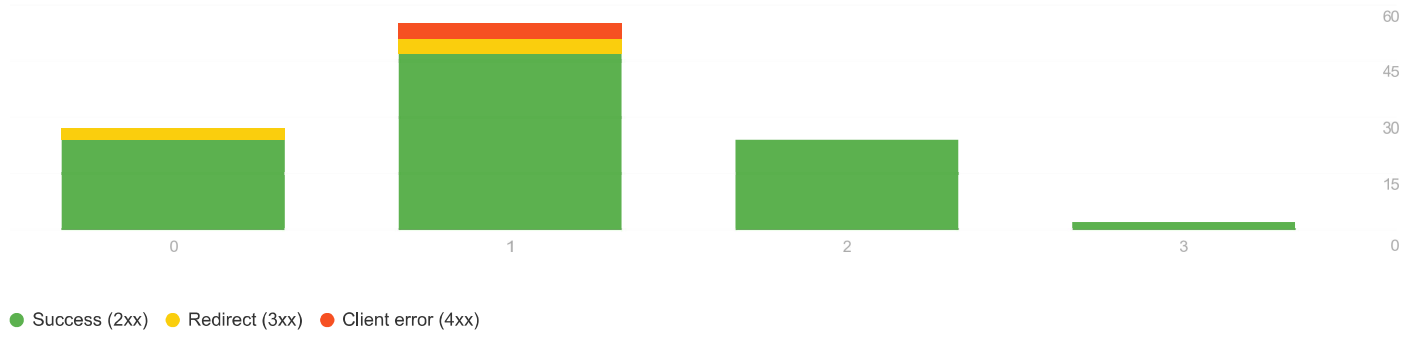
[Export all issues](#)

Issue	Crawled	Change	Added	New	Removed	Missing
⚠ HTTPS page has internal links to HTTP <small>New</small>	<u>13</u>	13 ▲	<u>12</u>	1	0	0
⚠ Page has links to broken page <small>New</small>	<u>5</u>	5 ▲	<u>5</u>	0	0	0
⚠ 404 page	<u>4</u>	3 ▼	0	0	0	<u>3</u>
⚠ 4XX page	<u>4</u>	3 ▼	0	0	0	<u>3</u>
⚠ Orphan page (has no incoming internal links) <small>New</small>	<u>2</u>	2 ▲	0	<u>2</u>	0	0
⚠ Double slash in URL	1	0	0	0	0	0
ⓘ Missing all text	<u>39</u>	2 ▲	0	<u>2</u>	0	0
ⓘ Open Graph tags incomplete <small>New</small>	<u>25</u>	25 ▲	<u>23</u>	<u>2</u>	0	0
ⓘ Page has links to redirect <small>New</small>	<u>7</u>	7 ▲	<u>6</u>	<u>1</u>	0	0
ⓘ 3XX redirect	<u>7</u>	0	0	0	0	0

[View all issues](#)



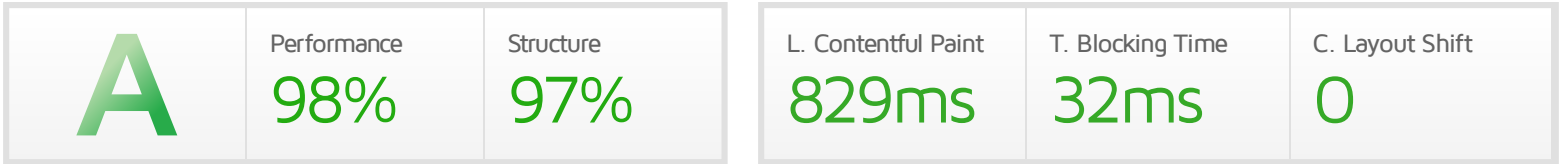
HTTP status codes by depth level





Performance Report for: <https://pain-treatment.ie/>

Report generated: Fri, Sep 8, 2023 1:43 AM -0700
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 103.0.5060.134, Lighthouse 9.6.4



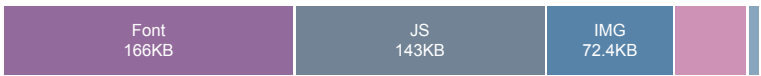
Top Issues

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	22 resources found
Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 103ms
Low	Serve static assets with an efficient cache policy	Potential savings of 28.9KB
Low	Avoid an excessive DOM size <small>TBT</small>	331 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 429KB

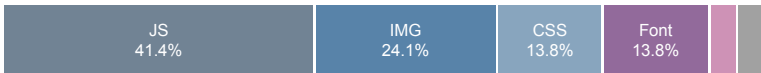
Page Details



Total Page Size - 429KB



Total Page Requests - 29



■ HTML
 ■ JS
 ■ CSS
 ■ IMG
 ■ Video
 ■ Font
 ■ Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

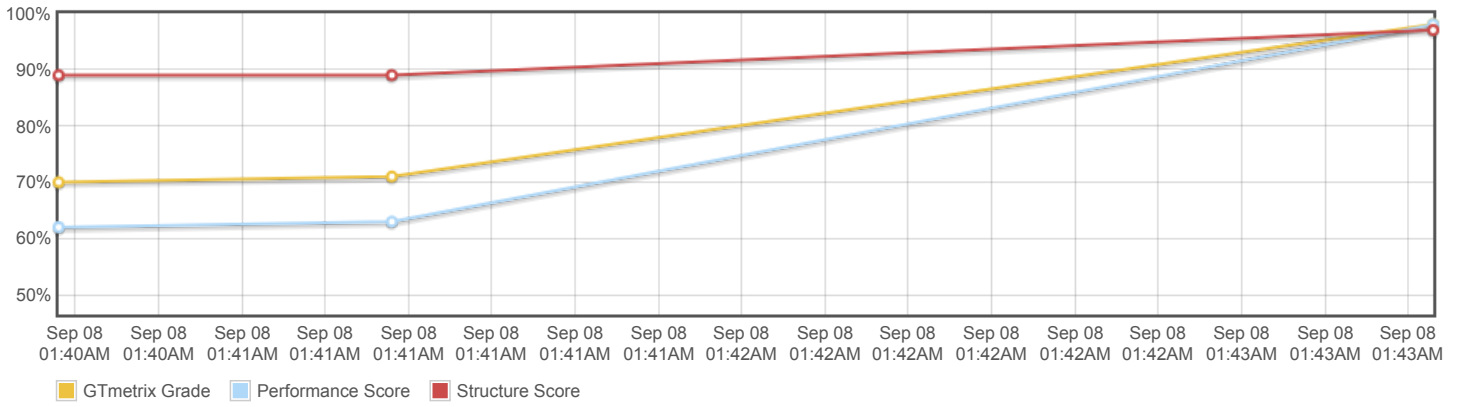
About GTmetrix



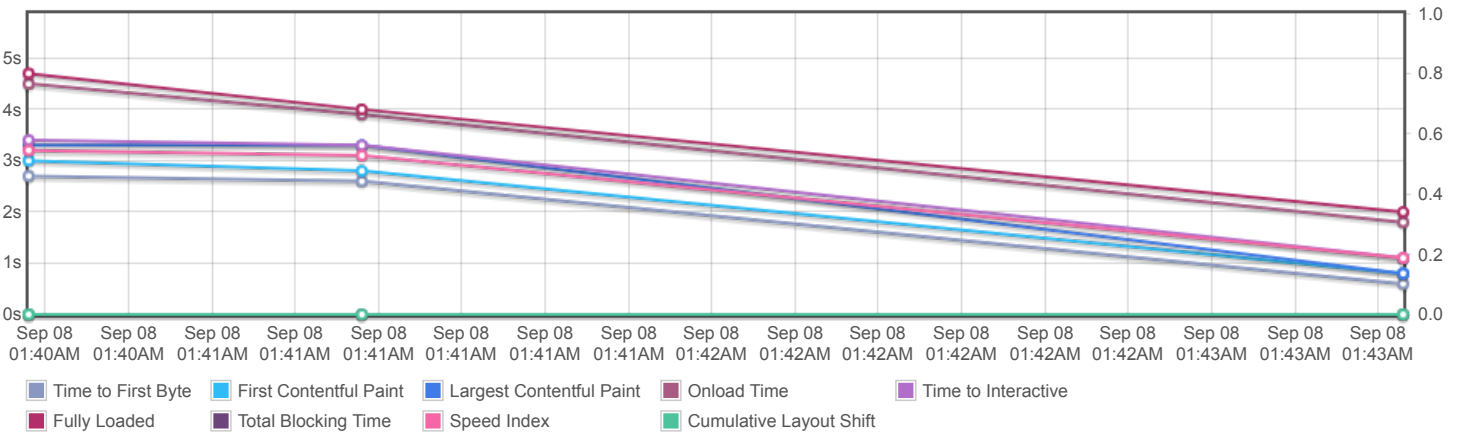
GTmetrix is developed by the good folks at Carbon60, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

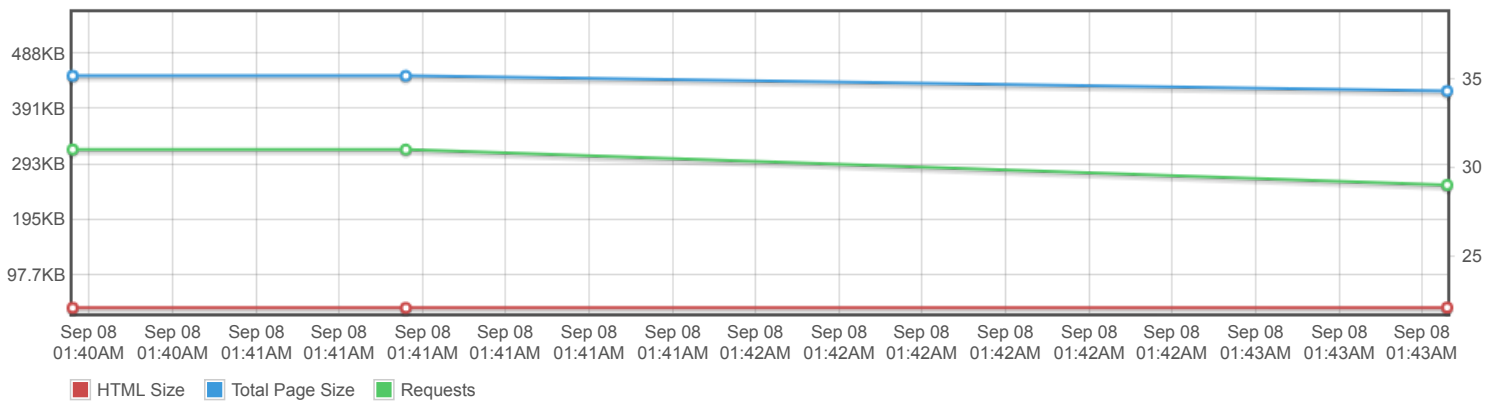
Page scores



Page metrics



Page sizes and request counts

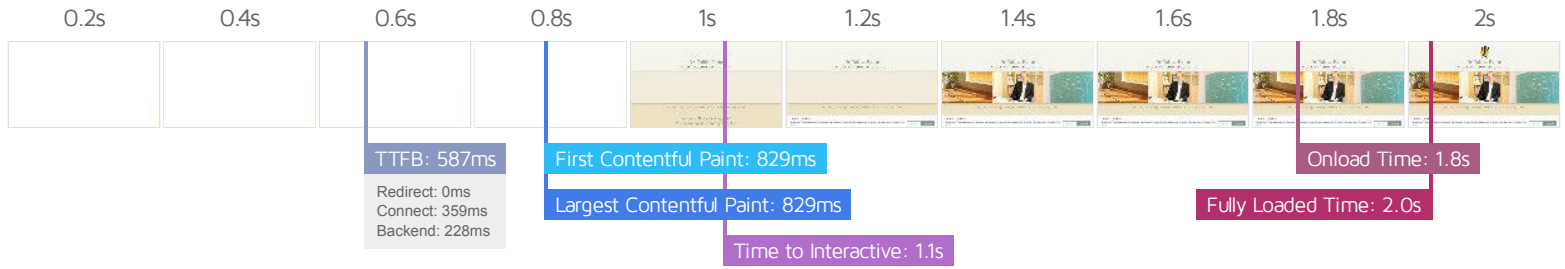


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Pain Therapy & Treatment Clinic - Dún Laoghaire, Dublin

Request	Size	Source	Load Time	Waterfall	Annotations
/	200	pain-treatment.ie	39.7KB	593ms	
css?family=Bitter%3A100%2C200%2...	200	fonts.googleapis.com	1.52KB	53ms	
script.min.js?ver=3.1.3	200	pain-treatment.ie	5.67KB	130ms	
jquery.min.js?ver=3.7.0	200	pain-treatment.ie	29.0KB	195ms	
jquery-migrate.min.js?ver=3.4.1	200	pain-treatment.ie	4.58KB	197ms	
et-core-unified-29.min.css?ver=16941...	200	pain-treatment.ie	303B	175ms	
mediaelementplayer-legacy.min.css?...	200	pain-treatment.ie	2.34KB	178ms	
wp-mediaelement.min.css?ver=6.3.1	200	pain-treatment.ie	982B	177ms	
scripts.min.js?ver=4.21.2	200	pain-treatment.ie	56.0KB	205ms	
jquery.fitvids.js?ver=1694162586	200	pain-treatment.ie	904B	249ms	
easypiechart.js?ver=1694162586	200	pain-treatment.ie	1.89KB	250ms	
salvatore.js?ver=1694162586	200	pain-treatment.ie	2.54KB	351ms	
common.js?ver=1694162586	200	pain-treatment.ie	357B	352ms	
mediaelement-and-player.min.js?ver=...	200	pain-treatment.ie	35.1KB	347ms	
mediaelement-migrate.min.js?ver=6.3.1	200	pain-treatment.ie	479B	346ms	
wp-mediaelement.min.js?ver=6.3.1	200	pain-treatment.ie	453B	348ms	
lazyload.min.js	200	pain-treatment.ie	2.84KB	354ms	
rax8HiqOu8lVPmn7f4xp.woff2	200	fonts.gstatic.com	30.2KB	54ms	
daaLSS4tl2qYYl3Jq9s_Hu74xwktnlKx...	200	fonts.gstatic.com	14.5KB	64ms	
modules.woff	200	pain-treatment.ie	90.3KB	230ms	
revisit.svg	200	server444181.nazwa.pl	2.28KB	965ms	
close.svg	200	server444181.nazwa.pl	1.31KB	967ms	
poweredbtcky.svg	200	server444181.nazwa.pl	3.67KB	965ms	
rax-HiqOu8lVPmn7erxJD0.woff2	200	fonts.gstatic.com	29.9KB	84ms	
pain-treatment-logo.webp	200	server444181.nazwa.pl	4.96KB	730ms	
headerbild2.webp	200	pain-treatment.ie	28.7KB	179ms	
headerbild1.webp	200	pain-treatment.ie	21.3KB	182ms	
headerbild3.webp	200	pain-treatment.ie	8.26KB	184ms	
cropped-pain-treatment-logo-32x32.w...	200	pain-treatment.ie	1.16KB	174ms	

29 Requests 421KB (1.10MB Uncompressed) 2s (Onload 1.8s)



Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p>828ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>1.1s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>1.1s</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>32ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p>829ms</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0</p>

Browser Timings

Redirect	0ms	Connect	359ms	Backend	228ms
TTFB	587ms	First Paint	829ms	DOM Int.	840ms
DOM Loaded	1.1s	Onload	1.8s	Fully Loaded	2.0s

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	22 resources found
Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 103ms
Low	Serve static assets with an efficient cache policy	Potential savings of 28.9KB
Low	Avoid an excessive DOM size <small>TBT</small>	331 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 429KB
Low	Avoid long main-thread tasks <small>TBT</small>	1 long task found
Low	Reduce JavaScript execution time <small>TBT</small>	23ms spent executing JavaScript
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 20.3KB
Low	Reduce initial server response time <small>FCP LCP</small>	Root document took 227ms
Low	Avoid serving legacy JavaScript to modern browsers <small>TBT</small>	Potential savings of 7.63KB
Low	Defer offscreen images	Potential savings of 2.28KB
Low	Avoid chaining critical requests <small>FCP LCP</small>	4 chains found
Low	Reduce unused JavaScript <small>LCP</small>	Potential savings of 65.8KB
N/A	Largest Contentful Paint element <small>LCP</small>	1 element found
N/A	Avoid large layout shifts <small>CLS</small>	4 elements found
N/A	Minimize main-thread work <small>TBT</small>	Main-thread busy for 398ms
N/A	Reduce the impact of third-party code <small>TBT</small>	Total size was 76.9KB
N/A	User Timing marks and measures	