



# Performance Report for: https://phicotx.co.uk/

Report generated: Wed, Mar 13, 2024 1:13 AM -0700  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

<b>E</b>	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	<b>48%</b>	<b>73%</b>	<b>3.8s</b>	<b>245ms</b>	<b>0.14</b>

## Top Issues

High	<b>Reduce initial server response time</b> <small>FCP LCP</small>	Root document took 1.5s
High	<b>Avoid enormous network payloads</b> <small>LCP</small>	Total size was 6.25MB
Med	<b>Serve static assets with an efficient cache policy</b>	Potential savings of 5.89MB
Med	<b>Use a Content Delivery Network (CDN)</b>	66 resources found
Med-Low	<b>Eliminate render-blocking resources</b> <small>FCP LCP</small>	Potential savings of 260ms

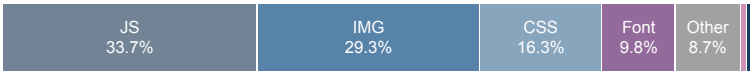
## Page Details



Total Page Size - 6.93MB



Total Page Requests - 92



Legend: 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 28 years experience in web technology.



<https://carbon60.com/>

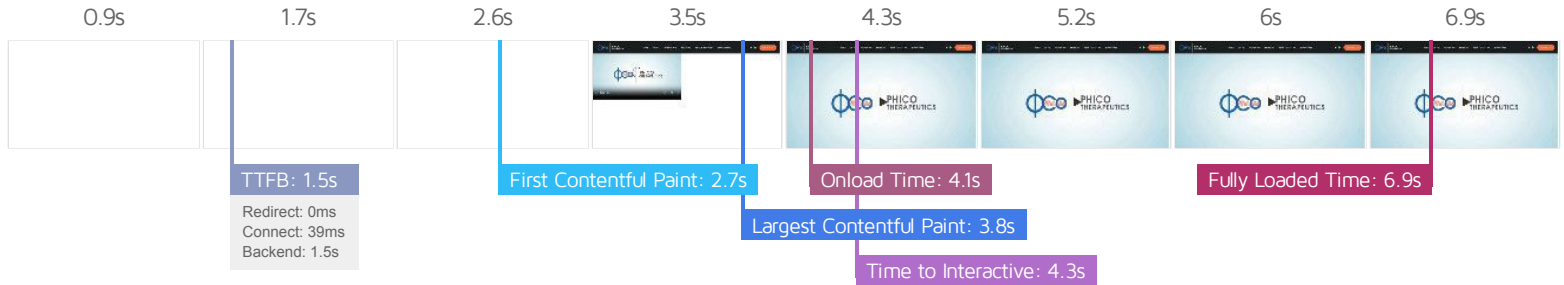
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

## Home - Phico Therapeutics

Resource	Size	Source	Load Time
/	200	phicotx.co.uk	171KB
js?id=G-PXFZ0DXT1C	200	googletagmanager.c...	80.5KB
js?id=UA-134817789-1	200	googletagmanager.c...	66.4KB
layerslider.css?ver=7.1.3	200	phicotx.co.uk	22.9KB
style.min.css?ver=6.4.3	200	phicotx.co.uk	108KB
styles.css?ver=5.9.2	200	phicotx.co.uk	2.83KB
unicode-privacy-public.cs...	200	phicotx.co.uk	18.8KB
style.css?ver=1261907333	200	phicotx.co.uk	488KB
unicode-icons.css?ver=12...	200	phicotx.co.uk	58.1KB
style-custom.css?ver=12...	200	phicotx.co.uk	164KB
pum-site-styles.css?gene...	200	phicotx.co.uk	22.5KB
style.css?ver=1829066663	200	phicotx.co.uk	30.1KB
front-compulsory.css?ver...	200	phicotx.co.uk	167B
jquery.min.js?ver=3.7.1	200	phicotx.co.uk	85.5KB
jquery-migrate.min.js?ver...	200	phicotx.co.uk	13.3KB
layerslider.utils.js?ver=7.1.3	200	phicotx.co.uk	120KB
layerslider.kreaturamedia....	200	phicotx.co.uk	124KB
layerslider.transitions.js?...	200	phicotx.co.uk	21.2KB
frontend-gtag.min.js?ver...	200	phicotx.co.uk	11.6KB
rbtools.min.js?ver=6.6.10	200	phicotx.co.uk	161KB
rs6.min.js?ver=6.6.10	200	phicotx.co.uk	404KB
%20data-breakpoints-im...	200	phicotx.co.uk	1.97KB
init.js?ver=1261907333	200	phicotx.co.uk	167KB
load-more-media-button.j...	200	phicotx.co.uk	830B
phicotx-logo-big.png	200	phicotx.co.uk	5.81KB
poster.jpg	200	phicotx.co.uk	37.2KB
dummy.png	200	phicotx.co.uk	68B
ico-atom.png	200	phicotx.co.uk	1.48KB
ico-people-1.png	200	phicotx.co.uk	1.16KB
Diagram_updated-uai-258...	200	phicotx.co.uk	36.4KB
img-technology-updated-...	200	phicotx.co.uk	4.13KB
img-technology-updated-...	200	phicotx.co.uk	4.65KB
img-technology-updated-...	200	phicotx.co.uk	3.37KB
img-product-pt3.png	200	phicotx.co.uk	2.13KB
img-product-pt4-pt5.png	200	phicotx.co.uk	3.43KB
img-product-pt1-grey.png	200	phicotx.co.uk	2.24KB
phicotx-logo-big.png	200	phicotx.co.uk	5.81KB
css?family=Roboto:400%...	200	fonts.googleapis.com	785B
styles.min.css?ver=4.2.5	200	phicotx.co.uk	99KB
rs6.css?ver=6.6.10	200	phicotx.co.uk	56.9KB
underscore.min.js?ver=1....	200	phicotx.co.uk	18.4KB
daves-wordpress-live-sea...	200	phicotx.co.uk	11.4KB
index.js?ver=5.9.2	200	phicotx.co.uk	11.2KB
index.js?ver=5.9.2	200	phicotx.co.uk	12.7KB
js-cookie.min.js?ver=2.2.0	200	phicotx.co.uk	2.54KB
unicode-privacy-public.mi...	200	phicotx.co.uk	3.99KB
mediaelement-and-player....	200	phicotx.co.uk	154KB
mediaelement-migrate.mi...	200	phicotx.co.uk	1.16KB
wp-mediaelement.min.js?...	200	phicotx.co.uk	1.08KB
plugins.js?ver=1261907333	200	phicotx.co.uk	775KB
app.js?ver=1261907333	200	phicotx.co.uk	178KB
core.min.js?ver=1.13.2	200	phicotx.co.uk	20.9KB
pum-site-scripts.js?defer...	200	phicotx.co.uk	68.2KB

vimeo.min.js?ver=4.2.17	200	phicotx.co.uk	6.31KB	607ms	
fts-global.min.js?ver=4.2.5	200	phicotx.co.uk	11.9KB	620ms	
css?family=Poppins:Sem...	200	fonts.googleapis.com	851B	80ms	
css?family=Montserrat%...	200	fonts.googleapis.com	671B	37ms	
analytics.js	200	google-analytics.com	20.5KB	693ms	
linkid.js	200	google-analytics.com	697B	5ms	
unicode-icons.woff2	200	phicotx.co.uk	138KB	54ms	
pxiByp8kv8JHgFVrLEj6Z1...	200	fonts.gstatic.com	7.81KB	74ms	
POST admin-ajax.php	200	phicotx.co.uk	216B		1.4s
ProximaNova-Semibold.otf	200	phicotx.co.uk	61.6KB	122ms	
ProximaNova-Bold.ttf	200	phicotx.co.uk	42.0KB	117ms	
agency-fb.ttf	200	phicotx.co.uk	41.3KB	118ms	
Phico_SASPJect_Therap...	(canceled)	phicotx.co.uk	717KB	355ms	
ProximaNova-Regular.ttf	200	phicotx.co.uk	42.2KB	71ms	
hf_mono_280.jpg	200	phicotx.co.uk	43.7KB	64ms	
richard_nagle_mono_2_2...	200	phicotx.co.uk	18.4KB	59ms	
lan_Downing_mono.jpg	200	phicotx.co.uk	53.3KB	70ms	
img-Wilcox.jpg	200	phicotx.co.uk	0.98MB	194ms	
img-david-beadle.jpg	200	phicotx.co.uk	237KB	97ms	
img-andrew-armour.jpg	200	phicotx.co.uk	167KB	97ms	
POST admin-ajax.php	200	phicotx.co.uk	222B		1.5s
POST admin-ajax.php	200	phicotx.co.uk	589B		2.7s
POST admin-ajax.php	200	phicotx.co.uk	564B		2.7s
POST admin-ajax.php	200	phicotx.co.uk	564B		3.8s
POST admin-ajax.php	200	phicotx.co.uk	223B		3.7s
Banner-2-min-uai-258x12...	200	phicotx.co.uk	5.98KB	21ms	
ico-phone.png	200	phicotx.co.uk	494B	18ms	
ico-email.png	200	phicotx.co.uk	378B	17ms	
ico-pin.png	200	phicotx.co.uk	551B	18ms	
pxiByp8kv8JHgFVrLGT9Z...	200	fonts.gstatic.com	7.57KB	78ms	
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.4KB	96ms	
wp-emoji-release.min.js?...	200	phicotx.co.uk	18.3KB	21ms	
schema	200	phicotx.co.uk	308B		992ms
loader.gif	200	phicotx.co.uk	2.49KB	14ms	
revicons.woff?5510888	200	phicotx.co.uk	7.36KB	93ms	
Banner-4.jpg	200	phicotx.co.uk	293KB	247ms	
animation-thumbnail-play...	200	phicotx.co.uk	37.8KB	25ms	
Without-text-1.png	200	phicotx.co.uk	226KB	243ms	
cropped-output-onlinepn...	200	phicotx.co.uk	779B	13ms	

92 Requests 6.93MB (7.22MB Uncompressed) 6.9s (Onload 4.1s)



### Performance Metrics

<p><b>First Contentful Paint</b></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>Much longer than recommended</p> <p><b>2.7s</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Longer than recommended</p> <p><b>4.3s</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Much longer than recommended</p> <p><b>3.6s</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Longer than recommended</p> <p><b>245ms</b></p>
<p><b>Largest Contentful Paint</b></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>Much longer than recommended</p> <p><b>3.8s</b></p>	<p><b>Cumulative Layout Shift</b></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>OK, but consider improvement</p> <p><b>0.14</b></p>

### Browser Timings

Redirect	0ms	Connect	39ms	Backend	1.5s
TTFB	1.5s	First Paint	2.7s	DOM Int.	3.5s
DOM Loaded	3.5s	Onload	4.1s	Fully Loaded	6.9s

IMPACT AUDIT

Med-Low

**Avoid chaining critical requests** FCP LCP

42 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **3.8s**

INITIAL NAVIGATION



- <https://phicotx.co.uk/wp-content/themes/uncode/library/fonts/uncode-icons.woff2> 138KB, 17ms
- <https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.6.10> 57.1KB, 12ms
- <https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/fonts/revicons/revicons.woff?5510888> 7.50KB, 21ms
- <https://phicotx.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1688461766&ver=1.18.2> 22.7KB, 71ms
- <https://fonts.googleapis.com/css?family=Montserrat%7CAcme> 671B, 29ms
- <https://fonts.googleapis.com/css?family=Roboto:400%7CPoppins:500&display=swap> 785B, 14ms
- <https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLGT9Z1xiFQ.woff2> 7.68KB, 4ms
- <https://fonts.gstatic.com/s/roboto/v30/KFOmCngEu92Fr1Mu4mxK.woff2> 15.4KB, 9ms
- <https://phicotx.co.uk/wp-content/themes/uncode-child/style.css?ver=1829066663> 30.2KB, 27ms
- <https://phicotx.co.uk/wp-content/themes/uncode-child/fonts/agency-fb.ttf> 41.5KB, 47ms
- <https://phicotx.co.uk/wp-content/themes/uncode-child/fonts/ProximaNova-Bold.ttf> 42.1KB, 46ms
- <https://phicotx.co.uk/wp-content/themes/uncode-child/fonts/ProximaNova-Regular.ttf> 42.4KB, 37ms
- <https://phicotx.co.uk/wp-content/themes/uncode-child/fonts/ProximaNova-Semibold.otf> 61.8KB, 51ms
- <https://fonts.googleapis.com/css?family=Poppins:Semi-Bold> 851B, 75ms
- <https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLEj6Z1xiFQ.woff2> 8.33KB, 37ms

**Med-Low** **Avoid an excessive DOM size** TBT 1,232 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		1232
Maximum DOM Depth	div.t-overlay-inner > div.t-overlay-content > div.t-overlay-text > div.t-entry <div class="t-entry t-single-line">	35
Maximum Child Elements	body.home <body class="home page-template-default page page-id-9 phico18 hormenu-position-left hm..." data-border="0" style="margin-top: 0px; padding-top: 0px;">	43

**Med-Low** **Avoid CSS @import** FCP LCP 2 resources found

Using CSS @import in an external stylesheet can add additional delays during the loading of a web page.

STYLESHEETS WITH @IMPORT STATEMENTS AND THE STYLESHEETS THEY IMPORT

- <https://phicotx.co.uk/wp-content/themes/uncode-child/style.css?ver=1829066663>
- <https://fonts.googleapis.com/css?family=Poppins:Semi-Bold>
- <https://phicotx.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1688461766&ver=1.18.2>
- <https://fonts.googleapis.com/css?family=Montserrat|Acme>

**Low** **Avoid long main-thread tasks** TBT 8 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/app.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/app.js?ver=1261907333</a>	3.4s	131ms
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3</a>	4.2s	125ms
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3</a>	3.5s	82ms
<a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.6.10</a>	4.1s	75ms
<a href="https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	3.6s	72ms
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3</a>	3.3s	57ms
<a href="https://phicotx.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1">https://phicotx.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1</a>	1.9s	56ms
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/init.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/init.js?ver=1261907333</a>	3.0s	52ms

**Low** Use passive listeners to improve scrolling performance 1 event listener not passive

Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance.

URL	LOCATION
<a href="https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	Line:1

**Low** Avoid large layout shifts **CLS** 5 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
SASPject THE LETHAL INJECTION FOR BACTERIA THAT'S HARD TO RESIST LEARN MORE SAS... <rs-module id="rev_slider_4_1" style="height: 100%; width: 1366px; max-height: none;" data-version="6.6.10" data-idcheck="true" class="revslider-initialised rev_redraw_on_blurfocus" data-slideactive="rs-7">	0.13
HOME ABOUT TECHNOLOGY PRODUCTS MEDIA & INVESTORS RECRUITMENT <ul id="menu-new-main" class="menu-primary-inner menu-smart sm" data-smartmenus-id="17103175889057844">	0.00
RECRUITMENT <a href="http://www.phicotx.co.uk#media-investors">	0.00
TECHNOLOGY <a href="http://www.phicotx.co.uk#technology">	0.00
ABOUT <a href="http://www.phicotx.co.uk#about">	0.00

**Low** Enable text compression **FCP** **LCP** Potential savings of 2.75MB

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/js/plugins.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/js/plugins.js?ver=1261907333</a>	775KB	591KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/css/style.css?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/css/style.css?ver=1261907333</a>	488KB	422KB
<a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.6.10</a>	404KB	299KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/css/style-custom.css?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/css/style-custom.css?ver=1261907333</a>	164KB	149KB
<a href="https://phicotx.co.uk/">https://phicotx.co.uk/</a>	171KB	140KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/js/app.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/js/app.js?ver=1261907333</a>	178KB	138KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/js/init.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/js/init.js?ver=1261907333</a>	167KB	130KB
<a href="https://phicotx.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://phicotx.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a>	154KB	116KB
<a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.6.10</a>	161KB	101KB
<a href="https://phicotx.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3">https://phicotx.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3</a>	108KB	93.4KB
<a href="https://phicotx.co.uk/wp-content/plugins/feed-them-social/includes/feeds/css/styles.min.css?ver=4.2.5">https://phicotx.co.uk/wp-content/plugins/feed-them-social/includes/feeds/css/styles.min.css?ver=4.2.5</a>	99KB	81.9KB
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3</a>	120KB	79.1KB
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.kreaturamedia.jquery.js?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.kreaturamedia.jquery.js?ver=7.1.3</a>	124KB	77.1KB
<a href="https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	85.5KB	55.8KB
<a href="https://phicotx.co.uk/wp-content/uploads/pum/pum-site-scripts.js?defer&amp;generated=1688461766&amp;ver=1.18.2">https://phicotx.co.uk/wp-content/uploads/pum/pum-site-scripts.js?defer&amp;generated=1688461766&amp;ver=1.18.2</a>	68.2KB	51.2KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/css/uncode-icons.css?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/css/uncode-icons.css?ver=1261907333</a>	58.1KB	46.3KB
<a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.6.10</a>	56.9KB	44.7KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode-child/style.css?ver=1829066663">https://phicotx.co.uk/wp-content/themes/uncode-child/style.css?ver=1829066663</a>	30.1KB	25.1KB
<a href="https://phicotx.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1688461766&amp;ver=1.18.2">https://phicotx.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1688461766&amp;ver=1.18.2</a>	22.5KB	18.8KB
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/css/layerslider.css?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/css/layerslider.css?ver=7.1.3</a>	22.9KB	18.7KB
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.transitions.js?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.transitions.js?ver=7.1.3</a>	21.2KB	17.9KB
<a href="https://phicotx.co.uk/wp-content/plugins/uncode-privacy/assets/css/uncode-privacy-public.css?ver=2.2.2">https://phicotx.co.uk/wp-content/plugins/uncode-privacy/assets/css/uncode-privacy-public.css?ver=2.2.2</a>	18.8KB	15.9KB
<a href="https://phicotx.co.uk/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2">https://phicotx.co.uk/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2</a>	20.9KB	14.0KB
<a href="https://phicotx.co.uk/wp-includes/js/wp-emoji-release.min.js?ver=6.4.3">https://phicotx.co.uk/wp-includes/js/wp-emoji-release.min.js?ver=6.4.3</a>	18.3KB	13.3KB
<a href="https://phicotx.co.uk/wp-includes/js/underscore.min.js?ver=1.13.4">https://phicotx.co.uk/wp-includes/js/underscore.min.js?ver=1.13.4</a>	18.4KB	11.3KB
<a href="https://phicotx.co.uk/wp-content/plugins/feed-them-social/includes/feeds/js/fts-global.min.js?ver=4.2.5">https://phicotx.co.uk/wp-content/plugins/feed-them-social/includes/feeds/js/fts-global.min.js?ver=4.2.5</a>	11.9KB	9.41KB
<a href="https://phicotx.co.uk/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9.2">https://phicotx.co.uk/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9.2</a>	12.7KB	8.68KB
<a href="https://phicotx.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1">https://phicotx.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1</a>	13.3KB	8.50KB
<a href="https://phicotx.co.uk/wp-content/plugins/google-analytics-for-wordpress/assets/js/frontend-gtag.min.js?ver=8.10.0">https://phicotx.co.uk/wp-content/plugins/google-analytics-for-wordpress/assets/js/frontend-gtag.min.js?ver=8.10.0</a>	11.6KB	8.45KB
<a href="https://phicotx.co.uk/wp-content/plugins/contact-form-7/includes/swf/js/index.js?ver=5.9.2">https://phicotx.co.uk/wp-content/plugins/contact-form-7/includes/swf/js/index.js?ver=5.9.2</a>	11.2KB	7.97KB
<a href="https://phicotx.co.uk/wp-content/plugins/uncode-daves-wordpress-live-search/js/daves-wordpress-live-search.js?ver=6.4.3">https://phicotx.co.uk/wp-content/plugins/uncode-daves-wordpress-live-search/js/daves-wordpress-live-search.js?ver=6.4.3</a>	11.4KB	7.80KB
<a href="https://phicotx.co.uk/wp-includes/js/mediaelement/renderers/vimeo.min.js?ver=4.2.17">https://phicotx.co.uk/wp-includes/js/mediaelement/renderers/vimeo.min.js?ver=4.2.17</a>	6.31KB	4.08KB
<a href="https://phicotx.co.uk/wp-content/plugins/uncode-privacy/assets/js/uncode-privacy-public.min.js?ver=2.2.2">https://phicotx.co.uk/wp-content/plugins/uncode-privacy/assets/js/uncode-privacy-public.min.js?ver=2.2.2</a>	3.99KB	2.87KB
<a href="https://phicotx.co.uk/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.9.2">https://phicotx.co.uk/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.9.2</a>	2.83KB	1.83KB
<a href="https://phicotx.co.uk/wp-content/plugins/uncode-privacy/assets/js/js-cookie.min.js?ver=2.2.0">https://phicotx.co.uk/wp-content/plugins/uncode-privacy/assets/js/js-cookie.min.js?ver=2.2.0</a>	2.54KB	1.51KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/js/ai-uncode.js?%20id='uncodeAI'%20data-home='/'%20data-path='/'%20data-breakpoints-images='258,516,720,1032,1440,2064,2880">https://phicotx.co.uk/wp-content/themes/uncode/library/js/ai-uncode.js?%20id='uncodeAI'%20data-home='/'%20data-path='/'%20data-breakpoints-images='258,516,720,1032,1440,2064,2880</a>	1.97KB	1.39KB

Low

Reduce JavaScript execution time TBT

870ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.



URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• <a href="https://phicotx.co.uk/">https://phicotx.co.uk/</a>	702ms	58ms	6ms
• <a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.6.10</a>	618ms	167ms	2ms
• Unattributable	396ms	33ms	0ms
• <a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/init.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/init.js?ver=1261907333</a>	313ms	39ms	2ms
• <a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.6.10</a>	300ms	179ms	6ms
• <a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3</a>	270ms	44ms	3ms
• <a href="https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	166ms	111ms	1ms
• <a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/app.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/app.js?ver=1261907333</a>	166ms	148ms	2ms
• <a href="https://phicotx.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://phicotx.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a>	56ms	12ms	3ms
• <a href="https://www.googletagmanager.com/gtag/js?id=G-PXFZ0DXT1C">https://www.googletagmanager.com/gtag/js?id=G-PXFZ0DXT1C</a>	50ms	44ms	4ms

Low

**Ensure text remains visible during webfont load** FCP LCP

5 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
• <a href="https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLEj6Z1xiFQ.woff2">https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLEj6Z1xiFQ.woff2</a>	37ms
• <a href="https://phicotx.co.uk/wp-content/themes/unicode-child/fonts/ProximaNova-Semibold.otf">https://phicotx.co.uk/wp-content/themes/unicode-child/fonts/ProximaNova-Semibold.otf</a>	51ms
• <a href="https://phicotx.co.uk/wp-content/themes/unicode-child/fonts/ProximaNova-Bold.ttf">https://phicotx.co.uk/wp-content/themes/unicode-child/fonts/ProximaNova-Bold.ttf</a>	46ms
• <a href="https://phicotx.co.uk/wp-content/themes/unicode-child/fonts/agency-fb.ttf">https://phicotx.co.uk/wp-content/themes/unicode-child/fonts/agency-fb.ttf</a>	47ms
• <a href="https://phicotx.co.uk/wp-content/themes/unicode-child/fonts/ProximaNova-Regular.ttf">https://phicotx.co.uk/wp-content/themes/unicode-child/fonts/ProximaNova-Regular.ttf</a>	37ms

Low

**Efficiently encode images**

Potential savings of 1.01MB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://phicotx.co.uk/wp-content/themes/unicode-child/images/img-Wilcox.jpg">https://phicotx.co.uk/wp-content/themes/unicode-child/images/img-Wilcox.jpg</a>	0.98MB	618KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/revslider/home-slider/Banner-4.jpg">https://www.phicotx.co.uk/wp-content/uploads/revslider/home-slider/Banner-4.jpg</a>	293KB	226KB
<a href="https://phicotx.co.uk/wp-content/themes/unicode-child/images/img-david-beadle.jpg">https://phicotx.co.uk/wp-content/themes/unicode-child/images/img-david-beadle.jpg</a>	237KB	152KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/2021/03/hf_mono_280.jpg">https://www.phicotx.co.uk/wp-content/uploads/2021/03/hf_mono_280.jpg</a>	43.7KB	21.0KB
<a href="https://phicotx.co.uk/wp-content/themes/unicode-child/images/img-andrew-armour.jpg">https://phicotx.co.uk/wp-content/themes/unicode-child/images/img-andrew-armour.jpg</a>	167KB	16.0KB

Low

**Reduce unused CSS** FCP LCP

Potential savings of 0.98MB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/css/style.css?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/css/style.css?ver=1261907333</a>	489KB	457KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/css/style-custom.css?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/css/style-custom.css?ver=1261907333</a>	164KB	148KB
<a href="https://phicotx.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3">https://phicotx.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3</a>	108KB	108KB
<a href="https://phicotx.co.uk/wp-content/plugins/feed-them-social/includes/feeds/css/styles.min.css?ver=4.2.5">https://phicotx.co.uk/wp-content/plugins/feed-them-social/includes/feeds/css/styles.min.css?ver=4.2.5</a>	99KB	99KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/css/uncode-icons.css?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/css/uncode-icons.css?ver=1261907333</a>	58.2KB	57.9KB
<a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.6.10</a>	57.1KB	53.0KB
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/css/layerslider.css?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/css/layerslider.css?ver=7.1.3</a>	23.0KB	23.0KB
<a href="https://phicotx.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1688461766&amp;ver=1.18.2">https://phicotx.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1688461766&amp;ver=1.18.2</a>	22.7KB	21.2KB
<a href="https://phicotx.co.uk/wp-content/plugins/uncode-privacy/assets/css/uncode-privacy-public.css?ver=2.2.2">https://phicotx.co.uk/wp-content/plugins/uncode-privacy/assets/css/uncode-privacy-public.css?ver=2.2.2</a>	18.9KB	18.3KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode-child/style.css?ver=1829066663">https://phicotx.co.uk/wp-content/themes/uncode-child/style.css?ver=1829066663</a>	30.2KB	14.0KB

**Low** **Serve images in next-gen formats** Potential savings of 1.72MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://phicotx.co.uk/wp-content/themes/uncode-child/images/img-Wilcox.jpg">https://phicotx.co.uk/wp-content/themes/uncode-child/images/img-Wilcox.jpg</a>	0.98MB	869KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/revslider/home-slider/Banner-4.jpg">https://www.phicotx.co.uk/wp-content/uploads/revslider/home-slider/Banner-4.jpg</a>	293KB	269KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode-child/images/img-david-beadle.jpg">https://phicotx.co.uk/wp-content/themes/uncode-child/images/img-david-beadle.jpg</a>	237KB	204KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/revslider/home-slider/Without-text-1.png">https://www.phicotx.co.uk/wp-content/uploads/revslider/home-slider/Without-text-1.png</a>	226KB	168KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode-child/images/img-andrew-armour.jpg">https://phicotx.co.uk/wp-content/themes/uncode-child/images/img-andrew-armour.jpg</a>	167KB	106KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/2021/03/hf_mono_280.jpg">https://www.phicotx.co.uk/wp-content/uploads/2021/03/hf_mono_280.jpg</a>	43.7KB	32.4KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/2022/02/Ian_Downing_mono.jpg">https://www.phicotx.co.uk/wp-content/uploads/2022/02/Ian_Downing_mono.jpg</a>	53.3KB	30.6KB
<a href="https://phicotx.co.uk/wp-content/uploads/2019/02/Diagram_updated-uai-258x203.png">https://phicotx.co.uk/wp-content/uploads/2019/02/Diagram_updated-uai-258x203.png</a>	36.4KB	25.7KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/2021/04/animation-thumbnail-play-button-1.jpg">https://www.phicotx.co.uk/wp-content/uploads/2021/04/animation-thumbnail-play-button-1.jpg</a>	37.8KB	21.3KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/2021/04/poster.jpg">https://www.phicotx.co.uk/wp-content/uploads/2021/04/poster.jpg</a>	37.2KB	21.1KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/2021/06/richard_nagle_mono_2_280.jpg">https://www.phicotx.co.uk/wp-content/uploads/2021/06/richard_nagle_mono_2_280.jpg</a>	18.4KB	11.5KB

**Low** **Defer offscreen images** Potential savings of 70.6KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://phicotx.co.uk/wp-content/uploads/2019/02/Diagram_updated-uai-258x203.png">https://phicotx.co.uk/wp-content/uploads/2019/02/Diagram_updated-uai-258x203.png</a>	36.4KB	36.4KB
<a href="https://phicotx.co.uk/wp-content/uploads/2018/12/Banner-2-min-uai-258x124.jpg">https://phicotx.co.uk/wp-content/uploads/2018/12/Banner-2-min-uai-258x124.jpg</a>	5.98KB	5.98KB
<a href="https://www.phicotx.co.uk/wp-content/uploads/2018/12/phicotx-logo-big.png">https://www.phicotx.co.uk/wp-content/uploads/2018/12/phicotx-logo-big.png</a>	5.81KB	5.81KB
<a href="https://phicotx.co.uk/wp-content/uploads/2019/02/img-technology-updated-2-2.png">https://phicotx.co.uk/wp-content/uploads/2019/02/img-technology-updated-2-2.png</a>	4.65KB	4.65KB
<a href="https://phicotx.co.uk/wp-content/uploads/2019/02/img-technology-updated-1-1.png">https://phicotx.co.uk/wp-content/uploads/2019/02/img-technology-updated-1-1.png</a>	4.13KB	4.13KB
<a href="https://phicotx.co.uk/wp-content/uploads/2018/12/img-product-pt4-pt5.png">https://phicotx.co.uk/wp-content/uploads/2018/12/img-product-pt4-pt5.png</a>	3.43KB	3.43KB
<a href="https://phicotx.co.uk/wp-content/uploads/2019/02/img-technology-updated-3-1.png">https://phicotx.co.uk/wp-content/uploads/2019/02/img-technology-updated-3-1.png</a>	3.37KB	3.37KB
<a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/assets/loader.gif">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/assets/loader.gif</a>	2.49KB	2.49KB
<a href="https://phicotx.co.uk/wp-content/uploads/2018/12/img-product-pt1-grey.png">https://phicotx.co.uk/wp-content/uploads/2018/12/img-product-pt1-grey.png</a>	2.24KB	2.24KB
<a href="https://phicotx.co.uk/wp-content/uploads/2018/12/img-product-pt3.png">https://phicotx.co.uk/wp-content/uploads/2018/12/img-product-pt3.png</a>	2.13KB	2.13KB

**Low** **Minify CSS** FCP LCP Potential savings of 124KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/css/style.css?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/css/style.css?ver=1261907333</a>	489KB	80.2KB
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/css/style-custom.css?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/css/style-custom.css?ver=1261907333</a>	164KB	18.8KB
<a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/css/rs6.css?ver=6.6.10</a>	57.1KB	8.56KB
<a href="https://phicotx.co.uk/wp-content/themes/unicode-child/style.css?ver=1829066663">https://phicotx.co.uk/wp-content/themes/unicode-child/style.css?ver=1829066663</a>	30.2KB	5.98KB
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/css/layerslider.css?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/css/layerslider.css?ver=7.1.3</a>	23.0KB	5.02KB
<a href="https://phicotx.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1688461766&amp;ver=1.18.2">https://phicotx.co.uk/wp-content/uploads/pum/pum-site-styles.css?generated=1688461766&amp;ver=1.18.2</a>	22.7KB	2.86KB
<a href="https://phicotx.co.uk/wp-content/plugins/unicode-privacy/assets/css/unicode-privacy-public.css?ver=2.2.2">https://phicotx.co.uk/wp-content/plugins/unicode-privacy/assets/css/unicode-privacy-public.css?ver=2.2.2</a>	18.9KB	2.84KB

Low

**Minify JavaScript** FCP LCP

Potential savings of 413KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/plugins.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/plugins.js?ver=1261907333</a>	776KB	313KB
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/init.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/init.js?ver=1261907333</a>	167KB	47.8KB
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/app.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/app.js?ver=1261907333</a>	178KB	44.3KB
<a href="https://phicotx.co.uk/wp-content/plugins/unicode-daves-wordpress-live-search/js/daves-wordpress-live-search.js?ver=6.4.3">https://phicotx.co.uk/wp-content/plugins/unicode-daves-wordpress-live-search/js/daves-wordpress-live-search.js?ver=6.4.3</a>	11.5KB	5.17KB
inline: var mi_version = '8.10.0'; var...	5.50KB	2.07KB

Low

**Reduce unused JavaScript** LCP

Potential savings of 1.31MB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/plugins.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/plugins.js?ver=1261907333</a>	776KB	556KB
<a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rs6.min.js?ver=6.6.10</a>	404KB	162KB
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/app.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/app.js?ver=1261907333</a>	178KB	134KB
<a href="https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.6.10">https://phicotx.co.uk/wp-content/plugins/revslider/public/assets/js/rbtools.min.js?ver=6.6.10</a>	162KB	95.7KB
<a href="https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3">https://phicotx.co.uk/wp-content/plugins/LayerSlider/assets/static/layerslider/js/layerslider.utils.js?ver=7.1.3</a>	120KB	92.7KB
<a href="https://phicotx.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://phicotx.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a>	155KB	77.4KB
<a href="https://phicotx.co.uk/wp-content/themes/unicode/library/js/init.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/unicode/library/js/init.js?ver=1261907333</a>	167KB	65.5KB
<a href="https://phicotx.co.uk/wp-content/uploads/pum/pum-site-scripts.js?defer&amp;generated=1688461766&amp;ver=1.18.2">https://phicotx.co.uk/wp-content/uploads/pum/pum-site-scripts.js?defer&amp;generated=1688461766&amp;ver=1.18.2</a>	68.4KB	47.0KB
<a href="https://www.googletagmanager.com/gtag/js?id=G-PXFZ0DXT1C">https://www.googletagmanager.com/gtag/js?id=G-PXFZ0DXT1C</a>	80.9KB	39.6KB
<a href="https://www.googletagmanager.com/gtag/js?id=UA-134817789-1">https://www.googletagmanager.com/gtag/js?id=UA-134817789-1</a>	66.5KB	33.4KB
<a href="https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://phicotx.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	85.7KB	33.3KB

N/A

**Largest Contentful Paint element** LCP

3,830 ms

This is the largest contentful element painted within the viewport.

#### ELEMENT

```
div.mejs-inner > div.mejs-mediaelement > mediaelementwrapper#video-9-1 > video#video-9-1_html5
<video data-keepplaying="" class="wp-video-shortcode" id="video-9-1_html5" width="640" height="360"
poster="https://www.phicotx.co.uk/wp-content/uploads/2021/04/poster.jpg" preload="metadata"
src="https://www.phicotx.co.uk/wp-content/uploads/2021/Phico_SASPEct_Therapy_M..." style="width: 1356px; height:
762.75px;">
```

PHASE	% OF LCP	TIMING
TTFB	40%	1.5s
Load Delay	20%	772ms
Load Time	1%	26ms
Render Delay	39%	1.5s

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 80.4KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/js/plugins.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/js/plugins.js?ver=1261907333</a> Line:11424 Column:2	30.4KB
<a href="https://phicotx.co.uk/wp-content/themes/uncode/library/js/app.js?ver=1261907333">https://phicotx.co.uk/wp-content/themes/uncode/library/js/app.js?ver=1261907333</a> Line:54 Column:0	24.9KB
<a href="https://phicotx.co.uk/wp-content/uploads/pum/pum-site-scripts.js?defer&amp;generated=1688461766&amp;ver=1.18.2">https://phicotx.co.uk/wp-content/uploads/pum/pum-site-scripts.js?defer&amp;generated=1688461766&amp;ver=1.18.2</a> Line:6 Column:719	24.8KB
<a href="https://phicotx.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://phicotx.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a> Line:11 Column:12531	218B

N/A **Minimize main-thread work** TBT Main-thread busy for 3.2s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Script Evaluation	951ms
Other	926ms
Style & Layout	878ms
Rendering	324ms
Parse HTML & CSS	89ms
Script Parsing & Compilation	56ms
Garbage Collection	19ms

N/A **Reduce the impact of third-party code** TBT Total size was 203KB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
<b>GOOGLE TAG MANAGER</b>	147KB	0ms
• <a href="https://www.googletagmanager.com/gtag/js?id=G-PXFZ0DXT1C">https://www.googletagmanager.com/gtag/js?id=G-PXFZ0DXT1C</a>	80.9KB	0ms
• <a href="https://www.googletagmanager.com/gtag/js?id=UA-134817789-1">https://www.googletagmanager.com/gtag/js?id=UA-134817789-1</a>	66.5KB	0ms
<b>GOOGLE FONTS</b>	33.7KB	0ms
• <a href="https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2">https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2</a>	15.4KB	0ms
• <a href="https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLEj6Z1xIFQ.woff2">https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLEj6Z1xIFQ.woff2</a>	8.33KB	0ms
• <a href="https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLGT9Z1xIFQ.woff2">https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLGT9Z1xIFQ.woff2</a>	7.68KB	0ms
<b>GOOGLE ANALYTICS</b>	21.8KB	0ms
• <a href="https://www.google-analytics.com/analytics.js">https://www.google-analytics.com/analytics.js</a>	20.8KB	0ms

N/A

### User Timing marks and measures

No user timings and/or marks found.