

Performance

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)

▲ 0–49

50–89

90–100

The Therapy Centre

Book a Therapy Session

Please fill in the form to book your therapy session.

Read our [Session Policy](#) before confirming your booking.

Firstname*

Lastname*

Email*

Students*

1

Date*

METRICS

[Expand view](#)

First Contentful Paint

2.0 s

Largest Contentful Paint

2.8 s

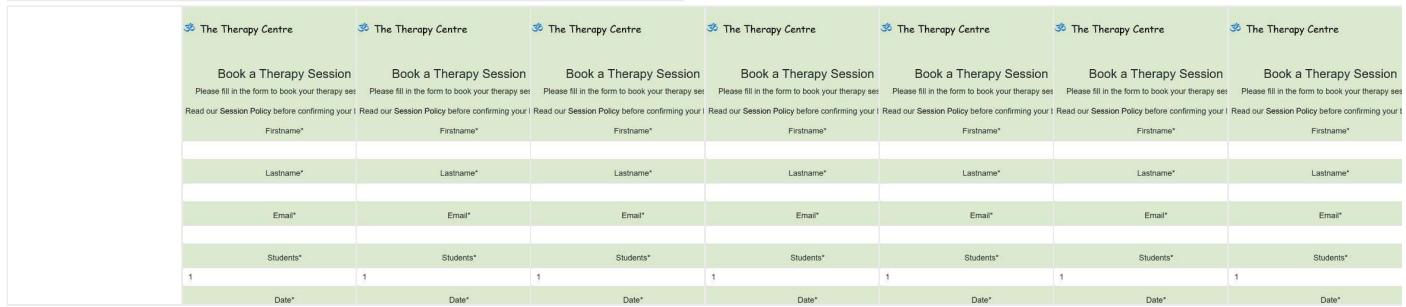
Total Blocking Time

0 ms

Cumulative Layout Shift

0

Speed Index

2.0 sShow audits relevant to: All **ECP** **LCP** **TBT**

INSIGHTS

▲ Render blocking requests — Est savings of 820 ms

▲ Font display — Est savings of 100 ms

▲ Network dependency tree

Use efficient cache lifetimes — Est savings of 5 KiB

Document request latency — Est savings of 8 KiB

Improve image delivery — Est savings of 65 KiB

○ LCP breakdown

○ 3rd parties

These insights are also available in the Chrome DevTools Performance Panel - [record a trace](#) to view more detailed information.

DIAGNOSTICS

▲ Reduce unused CSS — Est savings of 25 KiB

○ Avoid long main-thread tasks — 3 long tasks found

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (19)

Show



Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

CONTRAST

- ▲ Links rely on color to be distinguishable.



These are opportunities to improve the legibility of your content.

NAMES AND LABELS

- ▲ Links do not have a discernible name



These are opportunities to improve the semantics of the controls in your application. This may enhance the experience for users of assistive technology, like a screen reader.

NAVIGATION

- ▲ Heading elements are not in a sequentially-descending order



These are opportunities to improve keyboard navigation in your application.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)

Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (20)

Show

NOT APPLICABLE (37)

Show



Best Practices

USER EXPERIENCE

- ▲ Displays images with incorrect aspect ratio ▼
- ▲ Serves images with low resolution ▼

TRUST AND SAFETY

- Ensure CSP is effective against XSS attacks ▼
- Use a strong HSTS policy ▼
- Mitigate DOM-based XSS with Trusted Types ▼

PASSED AUDITS (11)

[Show](#)

NOT APPLICABLE (4)

[Show](#)

SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on

[Core Web Vitals](#). [Learn more about Google Search Essentials](#).

ADDITIONAL ITEMS TO MANUALLY CHECK (1)

[Show](#)

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (8)

[Show](#)

NOT APPLICABLE (2)

[Show](#)

Captured at Jan 1, 2026, 6:15
PM GMT
Initial page load

Emulated Moto G Power with
Lighthouse 13.0.1
Slow 4G throttling

Single page session

Using Chromium 143.0.0.0 with
devtools

Generated by **Lighthouse** 13.0.1 | [File an issue](#)