After-Adjustment Tiredness Checklist

Helps the reader manage tiredness after a chiropractic adjustment.

- [ ] Drink enough water after your session to stay hydrated.
- [ ] Rest after your therapy instead of rushing into daily errands.
- [ ] Take a nap if you feel drowsy.
- [ ] Do gentle, light stretching to support blood flow.
- [ ] Avoid intense workouts and heavy lifting after sessions.
- [ ] Stay in contact with your chiropractor if you feel very tired, gassy or dizzy.
- [ ] Contact your physician if fatigue or dizziness lasts too long or comes with other concerning symptoms.
- [ ] Do not ignore unbearable pain, because the article says it is not normal.

Notes

For general education only. Not a substitute for professional medical advice.