

# *Alderete Chiropractic*

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## **Suffering a Whiplash**

When a sudden accident or injury hurls your head backward and forward, your neck gets thrown out of balance. The force can damage parts of your neck and reverse its natural curve. This may even cause pain in your shoulders, hands, arms, and low back. At Times symptoms aren't felt until days, weeks, or months after whiplash has occurred.

