



Dr. Cathy Kim
1601 Carmen Dr, #216, Camarillo, CA 93010
805-419-0881

Informed Consent for Integrative Body Method (IBM)™ Treatment

___ **IBM™ Treatment:** Dr. Kim utilizes manual treatment of muscles and fascia to help bring more balance into the musculoskeletal framework and to improve the functioning of other body systems. Dr. Kim does not manipulate bony structures such as the spine or joints.

___ **Safety:** I have had an opportunity to ask questions regarding IBM with respect to my personal health goals. I understand that I may request to stop treatment at any time during the appointment.

___ **Side Effects:** I understand that soft tissue work can result in temporary soreness (usually 3-10 days), including new areas. Other self-limited reactions can include: fatigue/drowsiness, light-headedness, headache (mild), or bruising.

___ **Expectations:** I understand that Dr. Kim is not able to anticipate every risk or complication and that she will exercise her best judgment about treatment, based on known information. I understand that results are not guaranteed and that Dr. Kim reserves the right to discontinue services where it is apparent that your expectations and the type of services provided are not compatible.

___ **COVID risk:** **To minimize risk of COVID transmission, Dr. Kim will use a N95 mask and sanitize per CDC guidelines. I understand that I must wear a mask during the appointment and that I have the option to reschedule if I feel ill.**

___ **Consent:** I have read, or have had read to me, the above information and agree to receiving treatment. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Print Name of Patient/Patient's Representative

Print Name of Witness

Signature of Patient/Patient's representative

Witness Relationship

Date

Date



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POST-Treatment Integrative Body Method (IBM)[™] Handout

- 1) Post-treatment soreness, including new untreated areas, lasting 3-10 days is normal. Other self-limited reactions can include: fatigue/drowsiness, light-headedness, headache (mild), or bruising.
- 2) Drink a lot of water to HYDRATE the areas that are now more open to receive more circulation.
- 3) Taking Magnesium Glycinate (200-400mg/day) 2-3x/daily, especially right after treatment, will help muscles to relax and heal.

Please contact Dr. Kim (805-419-0881) if you have any questions or concerns.