

MARTIN CAMARA, DC, ICSC

CHIROPRACTIC
SPECIALIST



PROFESSIONAL BIO

Dr. Camara is a Chiropractic Specialist, Director of Clinics, and Chief Executive Officer at Intercare Chiropractic Center. He serves as a member of a multitude of national and international organizations.

Most recently, he was chosen as a Development Group Member of the World Health Organization for Low back pain as a part of their 'Rehabilitation 2030' initiative.

On top of that, he is a member of the Department of Health and National Certification Committee on Chiropractic of the Philippine Institute of Traditional and Alternative Health Care (PITAHC), at which he is a presidential appointee on the Board of Trustees.

Furthermore, he works as a Chiropractic Specialist at the National Golf Association of the Philippines and Philippine Jujitsu Federation, and Medical Director of the Philsilat Sports Association, Inc.

He also served as Co-Chair of the Philippine Olympic Committee from 2007-2018 and set up comprehensive sports medicine care for the Philippine team. He has been accredited as a sports chiropractor and traveled extensively with the Philippine Team for all major international games: three Olympic Games, seven Asian Games, and seven Southeast Asian Games.

He is a clinical excellence awardee from Palmer College of Chiropractic-West in 1993 and was instrumental in setting up the registration process for Chiropractic in the Philippines.

PROFESSIONAL QUALIFICATIONS

• CHIEF EXECUTIVE OFFICER

Director of Clinics
Chiropractic Specialist
Intercare Chiropractic Centers Inc.
www.intercare.com.ph

• CHAIRMAN

2006 - Present

National Certification Committee on Chiropractic
Philippine Institute of Traditional and Alternative Health Care (PITAHC)
Department of Health, Republic of the Philippines

• EXECUTIVE BOARD MEMBER

International Sporting Federation
Fédération Internationale de Chiropratique du Sport

• BOARD MEMBER

Philippine Institute of Traditional and Alternative Health Care (PITAHC)
Department of Health, Republic of the Philippines

• MEMBER

May 2020 - Present

Development Group World Health Organization
Primary Rehab Interventions - Low Back Pain

• MEMBER

Oct 2019 - Present

Healthcare Technology Assessment Council
Subcommittee on Traditional Medicine
Department of Health, Republic of the Philippines

• CHIROPRACTIC SUPERVISOR

Philippine Institute of Traditional and Alternative Health Care (PITAHC)
Department of Health, Republic of the Philippines

PROFESSIONAL QUALIFICATIONS

- **CHIROPRACTIC SPECIALIST**

2019-Present

Philippine Taekwondo Association

- **CHIROPRACTIC SPECIALIST**

2019-Present

National Golf Association of the Philippines

- **CHIROPRACTIC SPECIALIST**

2019-Present

Jiu-Jitsu Federation of the Philippines

- **MEDICAL DIRECTOR**

2017-Present

Jiu-Jitsu Federation of the Philippines

- **CHAIRMAN**

2005 - 2018

Commission on Complimentary & Alternative Medicine Philippine Olympic Committee

- **MEMBER OF THE BOARD OF STUDIES**

2001-2009

Master of Clinical Studies International Medical University
Kuala Lumpur, Malaysia

EDUCATION

- **Pre-Chiropractic Requirements**

1985-1989

University of Santo Tomas, Philippines

- **Cum Laude, Clinical Excellence Awardee**

1993

Palmer College of Chiropractic-West California, U.S.A.

- **Board Certified**

1993

The National Board of Chiropractic Examiners, U.S.A.

- **International Certified Sports Chiropractor**

International Sporting Federation

Fédération Internationale de Chiropratique du Sport, Lausanne Switzerland

- **PhD Candidate in Organizational Development**

South East Asian Interdisciplinary Development Institute, Philippines

TRAININGS

- **RockBlades and RockTape Instructor Training**

Singapore, 2017

- **Fascial Manipulation / Stecco Methode level 1**

University of Santo Tomas Manila, 2016

- **RockDoc - Functional Taping**

Perth, Australia, 2013

- **Sports Medicine Course**

International Olympic Committee Singapore, 2007

- **Certified Graston Technique Clinician**

Orlando, U.S.A., October 2005

The first Chiropractor in the Philippines trained in the Graston Technique (GT), a scientifically-advanced instrument-assisted method to treat soft tissue injuries, used by professional sports teams, universities and healthcare institutions in the U.S.A.

- **Anthroposophic Medicine Trainee**

Dornach, Switzerland, March 2003

International Post Graduate Medical Training in Anthroposophic Medicine. Received Level 1 Training in Anthroposophic Medicine under the auspices of the Medical Section of the Goetheanum in Dornach, Switzerland.

- **International Kettlebell Sport Association**

Level 1 and 2 Coach

ACHIEVEMENTS



- **Presidential Appointee**

2004 – present

Member of the Board of Trustees of the Philippine Institute of Traditional and Alternative Healthcare (PITAHAC), Philippine Department of Health (DOH)



- **Rapporteur**

Milan, Italy, 2004

"WHO Guidelines on Basic Training and Safety in Chiropractic"
World Health Organization



- **Co-founder**

1993

Intercare Healthcare Systems, Inc.

ACHIEVEMENTS

- **Executive Board Member**

Lausanne Switzerland, 2017-Present

International Sporting Federation
Fédération Internationale de Chiropratique du Sport

- **Country Representative**

2005

World Federation Chiropractic

- **President and Founder**

Philippines, 2005

Myotherapy for Life, Philippines is a sister organization of Hands on Health Australia (HOHA), a not-for-profit voluntary organization from various backgrounds and experiences helping over 20,000 people in need with twenty centers in Australia and overseas.

- **President**

2012- Present

Association of Professional Chiropractor of the Philippines

SPORTS CHIROPRACTIC INVOLVEMENTS



**Team Physician
Sports Chiropractor**

OLYMPICS

Rio Olympics
Brazil, 2016

Beijing Olympics
China, 2008

Amateur International Boxing Association Olympic Qualifier
Bangkok Thailand, 2008

Turin Winter Olympics
Italy, 2006

ASIAN GAMES

5th Asian Beach Games

Danang, Vietnam, 2016

16th Asian Games

Guangzhou, China, 2010

Asian Youth Games

Singapore, 2009

Asian Indoor Games

Vietnam, 2009

1st Asian Martial Games

Bangkok Thailand, 2009

1st Asian Beach Games

Bali Indonesia, 2008

Doha Asian Games

Qatar, 2006

SOUTH EAST ASIAN GAMES

29th SEA Games

Kuala Lumpur, Malaysia, August 19-30, 2017

28th SEA Games

Singapore, June 5-16, 2015

27th SEA Games

Naypyidaw, Myanmar, December 11-22, 2013

26th SEA Games

*Jakarta and Palembang, Indonesia,
November 11-22, 2011*

25th SEA Games

Vientiane, Laos, December 9-18, 2009

24th South East Asian Games

*Nakhom Ratchasimaran, Thailand
December 6-15, 2007*

23rd South East Asian Games

*Manila, Philippines
November 27-December 5, 2005*

MEDIA INVOLVEMENT

CONTRIBUTING WRITER

Manila Bulletin Sports Digest
November 2010-2011

The Bull Runner Magazine
November 2010-2011

The Philippine Daily Inquirer (PDI)
Elan Health, Fitness and Lifestyle Section
2004-2005

TELEVISION HEALTH PROGRAM HOST

Life Essence, 2003

A series of 13 episodes aired on cable television network, ABS-CBN News Channel (ANC)

SPEAKING ENGAGEMENT

***Numerous Speaking Engagements
from 1993-Present***

- Philippine Medical Association
- Philippine Neurologic Association
- Philippine Orthopedic Sports Medicine Association
- Philippine Orthopedic Association
- Association of Filipino Neurosurgeons -
International Ringside Physicians Medical Conference
- Philippine Association of Family Physicians
- Philippine Academy of Rehab Medicine
- Philippine Dental Association
- Association of Philippine Orthodontists

International

"Shared Values: Unifying Principles in Chiropractic"

*World Federation Chiropractic's Biennial Congress, Chiropractic For A New Normal
September 23-25, 2021*

"Sports Chiropractic at the Olympic Level"

*Japanese Association of Chiropractors
Kanto Koshinetsu, Japan, May 19, 2019*

"Sports Chiropractic for the Elite Athlete"

*American Chiropractic Centers
Ho Chi Minh, Vietnam, March 5, 2019*

"Federación Mexicana de Quiropractica Deportiva General Assembly"

*Federación Mexicana de Quiropractica Deportiva
Conade, Mexico City, March 2, 2019*

"9th Japanese Society of Chiropractic Science Research Conference"

*Japanese Society of Chiropractic Science
Mukahari Messe, Chiba Japan, November 11 & 12, 2018*

"Sports Chiropractic around the World"

*Sports Chiropractors of Australia Annual Symposium
Gold Coast Australia, April 2018*

"Fast, Efficient and Effective Sports Chiropractic Techniques for the Elite Athlete"

*Japanese Association of Chiropractic
Tokyo, Japan, March 29, 2015*

"Sports Chiropractic with a National Olympic Committee"

*International Federation of Sports Chiropractic (FICS)
Villamoura, Portugal, 2009*

"Chiropractic in a Community Healthcare Setting"

*World Health Organizations Consultation on Chiropractic
Milan, Italy 2003*

Local

"Chiropractic Medicine in the Context of Corona"

3rd Hospital Congress PITAHC, Department of Health, August 26-27, 2021

"The Role of Chiropractic in a COVID-19 Pandemic"

12th TAHC Congress, The Relevance of Traditional and Complementary Medicine on the COVID-19 Pandemic, PITAHC, Department of Health, November 2020

"Chiropractic for Low back pain"

11th TAHC Congress, Towards the Integration of Traditional and Complementary Medicine in Universal Healthcare PITAHC, Department of Health, November 2019

"Professionalism in the Practice of Chiropractic"

General Assembly of Registered Chiropractors PITAHC, Department of Health, June 2018

"Principles of Chiropractic Medicine"

Philippine Orthopedic Society for Sports Medicine Annual Convention, August 17, 2013

"Neck and Low Back Pain Management and Treatment"

105th Philippine Medical Association Annual Convention, May 17, 2012

"The Chiropractic Alternative: An Introduction to Natural, Non-Surgical and Drugless Healthcare"

National Kidney and Transplant Institute, August 24, 2010

"Sports Medicine in the Philippines"

Medical Conference of the American Association of Professional Ringside Physicians University of the Philippines College of Medicine Department of Neurosciences, December 2, 2010

"The Practice of Chiropractic Medicine"

PITAHC - DOH, March 26, 2004

"Incorporating Chiropractic into Models of Integrative Healthcare"

Department of Ophthalmology, Manila Doctors Hospital, April 16, 2001

"Chiropractic: A Viable Health Care Option for the Treatment of Musculoskeletal Pain and Injury"

Department of Family & Community Medicine Center for Indigenous Medicine Dasmariñas, Cavite, August 23, 2000