

Transform Chiropractic Wins Gold and Platinum Awards in Toronto Star Readers' Choice 2025

March 30, 2026

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Transform Chiropractic has been awarded Gold for Best Chiropractic Clinic, and Dr. Byron Mackay has received Platinum for Best Chiropractor in the Toronto Star Readers' Choice Awards for 2025, as announced by the publication following community voting results.

The Toronto Star Readers' Choice Awards are an annual recognition program based on votes from the local community, highlighting businesses and professionals who have made a meaningful impact in Toronto. The 2025 results were determined through public voting that concluded earlier this year.

"Our goal has always been to provide thoughtful, patient-centered care and to help people feel and move better in their daily lives," said Dr. Byron Mackay, founder of Transform Chiropractic. "We're grateful for the trust our patients place in us, and we look forward to continuing to support their health and mobility so they can stay active, independent, and doing the things they love for years to come."

The Gold award for Best Chiropractic Clinic recognizes Transform Chiropractic among multiple clinics operating in the Greater Toronto Area. The Platinum award for Dr. Mackay in the Best Chiropractor category represents the highest level of recognition in that classification.

Transform Chiropractic has served the Toronto community for over 25 years, focusing on helping patients reduce pain, improve posture, and restore mobility. The clinic addresses conditions including back pain, neck pain, sciatica, headaches, pregnancy-related discomfort, and posture issues through a combination of chiropractic adjustments, strengthening exercises, joint mobilization, and patient education.

The practice emphasizes identifying and addressing underlying causes of musculoskeletal issues rather than treating symptoms alone. Treatment plans are customized based on individual patient conditions, with exercise programs for the neck, mid-back, and low back that patients can perform at home between visits.

The awards reflect the relationships built with patients over the clinic's quarter-century of operation. Transform Chiropractic maintains a focus on creating an environment where patients feel heard and understood while receiving care for back pain, posture issues, or mobility challenges.

The clinic has developed specialized programs for pregnant patients, providing drug-free pain management options during pregnancy while preparing the body for childbirth. Treatment costs are determined based on the severity and chronicity of each condition, with diagnostic processes and visit schedules established during initial consultations.

Transform Chiropractic operates from the Toronto West Professional Centre, serving patients throughout the Greater Toronto Area. As a chiropractor in Toronto, Dr. Mackay founded the practice following his own experience with neck pain during university, which led to his career in chiropractic medicine.

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The clinic continues to serve the Toronto community with a focus on personalized care, movement-based recovery, and lasting results. The practice incorporates evidence-based protocols and therapeutic techniques developed over its 25 years of operation.

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Transform Chiropractic

Transform Chiropractic is an award-winning Toronto chiropractic clinic located in Bloor West Village. Dr. Byron Mackay and Dr. Elizabeth Viglasky have been helping patients with sciatica, neck pain and back pain for over 20 years.

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