

# Guide: 3 Steps to Finding the Perfect Recliner

Your recliner should be a comfortable place you can relax after a long day. Some recliners are built so well they are handed down from generation to generation.

However, if you pick out the wrong recliner you could experience neck, back, and leg pain. Or your recliner may break soon after it's delivered to your home.

This 3-step guide will help you pick out a recliner that's built to last, customized for you, and doesn't cause unnecessary pain.

## 1) Get a Recliner That Fits Your Body

Getting fitted for a recliner at your local La-Z-Boy Home Furnishings & Décor will prevent unnecessary pain and ensure you get the most comfort out of your new chair.

The first thing your design consultants will look at is your height. La-Z-Boy Recliners come in a wide range of sizes for people of different heights and body types.

- **Where does the footrest hit your leg?** You will want to make sure the heels of your feet are supported by the footrest. If the footrest is too short, your legs will hang off. This can put pressure on your Achilles tendon and cause ankle pain.

- **Does the back fit your body?** If the back of your recliner is too short, the head cushion will push your head forward. This causes neck pain without you even knowing it. Make sure your neck is in a natural position when you rest your head on the back of the recliner. The head rest should only touch the back of your head.

- **Is your lower back supported?** Check if the lumbar support is too firm or too soft. When you recline, see if a gap develops near your lower back. Reclining with a gap between your lower back and seat can lead to back pain and other health issues.

After you've checked these three factors, ask your sales representative if you can flip the recliner over.

## 2) Flip the Recliner Upside Down

Ask your sales representative if you can, "Roll the recliner forward to take a look under the hood." This is how you can check to see if the recliner is built to last.

If the sales representative says you can't flip the recliner upside down, then you know the recliner isn't built well.

Here's what you should look for when the recliner is upside down:

- **Is the frame four-sided?** Most people will push on the arms of their recliner when it's time to get up. This can cause the frame to expand apart and split on two/three-sided frames. A recliner with a four-sided frame will support your body when you get up and last for years.

- **What is the base made out of?** They are typically made out of hardwood or plastic. Hardwood bases are sturdy, look better, and last longer. Plastic bases are flimsy, look cheaper, and wear out easily.

- **Do the springs have a mesh layer between the cushion?** This layer between the springs and cushion distributes weight evenly and keeps the cushion from tearing apart. Without this layer, the cushion would be shredded to pieces by the springs.

Once you've given your recliner a good look under the hood, flip it back over and take some time to relax.

### 3) Put Your Feet Up and Relax

At this point, you've found a recliner that fits your body and is built with stability & durability.

Now you can put your feet up and relax!

Go through the recliner's range of motion and ask these questions while your feet are up:

- **Does the footrest lock in place?** The footrest should only go down when you pull the lever. If not, the footrest is supported by pressure and can go down with the weight from your feet. This pressure gives out over time. Eventually, the footrest will fall from slight pressure. Locking footrests are safer because the footrest only drops when you want it to.

- **How many footrest positions does this recliner have?** You may not want your feet up all the way when typing on your laptop or talking to company. Some recliners allow you to lock the footrest at an angle so your legs are not completely stretched out. Having your legs at an angle is more comfortable than sitting up with your legs straight out.

- **Are the cushions made with blown fiber or contour cut foam?** Blown fiber is a fancy way of saying stuffing. Stuffing shifts away from pressure so your arms, legs, and body will not be supported in the places you need it most. Contour cut foam doesn't shift, supports your body, and most people say it looks nicer too.

Today's recliners come with many options such as push-button power recline, swivel base, and heated massage seats. Be sure to ask about the **available options** to get a recliner completely customized for you.

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**Print out this guide** and take it with you when you're on the hunt for your perfect recliner.