

# Who is a riser recliner chair suitable for?

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We all know someone – perhaps a friend, relative, or even ourselves – who has a favourite chair that no one else is allowed to sit in. They guard it fiercely – and who can blame them! Whether a chair provides support for achy bones and joints, a cosy spot for an afternoon nap or simply a comfortable place to watch television, it can be a source of hope knowing it's always there, waiting for us at the end of the day.

As we age, having that comfortable and supportive chair becomes especially important, because we naturally slow down and spend more time sitting. For some, it can be the difference between suffering through lingering aches and pains or getting up feeling rested and rejuvenated. For others, it may be essential for maintaining independence and quality of life. But with so many options, styles and features available, how do you know which is the right type for you, or your loved one?

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## Different Types of Recliner Chairs

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A recliner chair is an upholstered armchair with adjustable positioning, which means the user can be fully supported in both sitting and reclined positions. Most models recline the head and shoulders while lifting the feet, though some models tip back entirely so that the hip and knee angles remain constant. There are many models on the market, each with varying features and customisations, and the right one for you depends on the level of support you need, the space it's going in and personal preference. Some of the most common options include:

## **Manual**

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A manual recliner chair will usually have footrest and recline mechanisms that are operated by a lever or body weight. For example, if it is lever-operated, it may have separate handles for the back and footrests, or one handle that moves both at the same time. Or you may need to lean back to recline the chair or push the footrest back in with your legs. Either way, manual recliners require a certain amount of strength to operate but are a good option if you are concerned about budget.

## **Electric**

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When reclining chairs have an electric motor, they can be operated via a button on a remote control. As with manually operated chairs, the back and footrests may operate separately or individually, however, the electric riser recliner chair option does allow for more precise positioning. Electric recliner chairs are the best option for anyone with limited mobility or upper body strength.

## **Rise and Recline**

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An electric rise and recliner chair that does everything a regular recliner does but has an extra function that tips it forward from the sitting position to help the user get in and out. Not only does this significantly reduce the risk of falls, but it helps prolong independence by allowing the user to sit down and stand up independently by using the chair's remote control.

## **Commercial**

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Off-the-shelf recliner chairs come with many beneficial features such as electric motors and supportive cushions, as well as more high-tech options. However, check the dimensions carefully before purchase and ideally test it first. Although generally more budget-friendly, the lack of personalisation means they may not be suitable in the long term, as your health and support requirements could change over time.

## **Made-to-Measure**

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Though perhaps more expensive in the short term, a made-to-measure chair is the best product to ensure long-term support and health benefits. A correctly tailored chair will ensure you are fully supported in both the seated and reclined positions, with your feet, knees, hips, shoulders, back and neck all at the correct angle with pressure evenly

distributed. If you suffer from mobility issues, circulatory problems or conditions such as [arthritis](#) or [Parkinson's](#), or if you plan to sleep in your chair, then made-to-measure is the choice that will serve you best in the long run.

## Homecare

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For individuals with higher care needs – especially an elderly or disabled person who will be cared for at home – a hospital or [homecare chair](#) offers an extra level of support for everyone involved. A homecare chair will rise and recline like a regular chair, but has extra features like wheels, anti-microbial and anti-fungal fabrics, high-support cushions to reduce the risk of pressure sores and footplates to minimise the risk of sliding out. Many are also designed to look like regular mobility armchairs, so don't look out of place in a home setting.

## Do You Need a Recliner Chair for Back Issues?

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Back pain can be extremely debilitating, but [a tailored recliner chair can help by encouraging good posture and boosting circulation](#), both of which promote healing while minimising pain and stiffness. At the same time, a poor quality or badly designed chair will put unnecessary strain on your joints and muscles, causing you to feel sore, cramped and achy.

Depending on the level of support you need, you can tailor the chair's back style to suit your condition. For example, a cushioned back provides extra lumbar support and is great for holding the user in a good postural position, while the waterfall style can be customised for individual requirements and is easily adjustable if those requirements change. A good quality mobility armchair can also [greatly improve the quality of your sleep](#), something which is [often an issue for back pain sufferers](#).

## Future-Proofing Your Mobility

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If you desire a new and more comfortable chair now, but don't know what your future health requirements may be, certain features and functions are worth considering to ensure your chair will remain suitable as you get older. For example, there may come a time when you prefer to have your afternoon nap downstairs, and you will be grateful for a chair that reclines in a completely flat position. Or you may find you no longer have the upper body strength to operate a lever or push yourself out of a chair, in which case you should opt for an electric recliner chair with a rise function.

When it comes to health-related conditions, tailored measurements will reduce the risk of circulation problems such as pressure sores, and can ease and even delay the progression of many degenerative [conditions like arthritis](#). Finally, the cumulative effects of a good chair, including better sleep, less pain and more independence will have a huge positive effect on your mental health, and subsequently your overall quality of life.

## The Bottom Line

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No matter your health condition, lifestyle, or décor needs, with so many types, styles and models of recliners available from the Mobility Furniture Company, there's sure to be a great fit for you. [Contact](#) the team about how a tailor-made mobility armchair could enhance your lifestyle now and in the future.

Whether that's by alleviating aches and pains, helping you rest and recover or prolonging your independence, a good rise and recliner chair should last you for many years and keep supporting you as your needs change over time. And, of course, your chair will provide you with the perfect comfy place that's all yours, that will always be waiting for you at the end of the day.

## About The Author

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### **About Dr Rob Hicks?**

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One of the UK's most popular and well-known media-doctors, Dr Rob Hicks is an experienced GP who lives with his family in Greater London. He is the resident doctor on "The Chrissy B Show", medical adviser to the TV drama "Doctors", and is regularly heard on the radio. A prolific health writer and medical journalist, Dr Rob Hicks has written three books and regularly contributes to magazines and national newspapers.

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