

Office Chairs Vs Recliner Chairs

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The past few years have been tough for many reasons, but one positive the pandemic gave us was more flexibility when it comes to how we work. For many of us, the ability to work from home full- or part-time has not only improved the quality of our work but freed up more time for activities we enjoy, and greatly enhanced our work-life balance. For [people over 50](#), hybrid and home working is often the difference to being able to stay in the workforce at all.

As we are working from home more, it is important to consider the conditions in which we are spending all this extra time. After all, we take care of our health and safety in the office – so why should that be any different at home? Having good posture is essential for staving off back pain, not to mention preventing existing pain from getting worse, so it is essential that we choose the right chair for the job. But what are our options? Do we have to have an office-specific chair? Or will another kind do just as well?

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Advantages of Working in a Recliner Chair

If you're thinking of setting up a home office in your living room, it's possible that your recliner sofa or recliner chair could double as your work chair. These chairs are designed to be used for a variety of purposes, such as leaning back to read or watch TV, or for lying completely flat to sleep. But if the chair also provides good support when you are sitting upright, there's no reason why one of those purposes shouldn't be for work. One point to consider is that recliner chairs can be bulky and difficult to move once installed, so think carefully about where your home office setup will be.

As recliner chairs provide such good support, they are an excellent option for anyone with limited mobility or circulation problems, especially as you will probably spend extended periods of time in the chair whilst you work. Supportive positioning promotes good posture, which increases blood flow and helps prevent aches and pains. This may also increase concentration and therefore productivity, potentially improving the overall quality and efficiency of your work.

Do I Have to Have an Office Chair for My Home Office?

As with recliner chairs, office chairs come in many shapes and sizes from very basic to fully high-tech. They are sometimes referred to as desk chairs or computer chairs and are usually mounted on wheels with a swivel function to allow easy manoeuvrability between a desk and other areas of the office. However, this may be an issue if you have a thick carpet, so you may need to consider getting a mat or floor covering that offers less resistance.

Most office chairs have an adjustable height function and are usually upholstered in non-absorbent materials such as vinyl, leather or faux leather which are easy to clean. They are designed to be comfortable for sitting on, but not for napping or relaxing. Although usually quite durable, due to their portable nature they are more prone to superficial scrapes. Office chairs are a good choice if space is limited, if the office area will be separate from the living room, or if many different people will be using the chair and therefore tailored measurements are not necessary.

What Similar Features Do Office Chairs and Recliner Chairs Have?

While visually they are very different, recliner chairs and office chairs do come with some common features. Many office chairs have a slight recline feature, although it will probably be manually operated; some even have a footrest, similar to that of a manual riser recliner. Office chairs may also come with a high back to support the neck and head, extra lumbar support cushions and adjustable armrests.

Whichever you choose, an excellent quality chair should last for years or even decades, while a cheaper version may only last a year or two, so consider how long you will need it before you purchase. If you only plan to work for a couple more years, you may choose to hold off buying a recliner as an office chair's features are all you need for now. On the

other hand, if you only want one chair that will work for both purposes, you are better off with a supportive recliner. A top of the range recliner will probably cost more than the corresponding office chair but will be more supportive and better for you in the long run.

Who Can Use a Recliner Chair When Working from Home?

If you already own a good recliner chair or only want to purchase one new item of furniture, there is no reason why you should not use a recliner as a work chair. For a start, you can use the same chair for sitting in during the day and then relaxing at night. Perhaps you only have room for one chair. Or maybe you have balance or mobility issues that make it dangerous to use a chair as flexible and mobile as an office chair.

A highly supportive recliner office chair with a memory foam cushion may also be a good choice for anyone suffering from, or at risk of, arthritis, as the cushioning and pressure distribution promotes blood flow and can therefore alleviate symptoms and potentially delay the condition's progression. As arthritis develops most often from our mid-40s, and the retirement age is currently at 66 (and going up!), investing in a high-quality, tailored chair is a good way to future-proof yourself against this condition.

How to Use a Recliner Chair in Your Home Office

If you plan to use a recliner chair as an office chair, try it out first to be sure it will support you during all those calls, meetings and emails. Ideally, make an appointment for an expert to bring samples to your home for you to try in situ. Some examples of recliner chairs that are good office/living room hybrids include:

Wallhugger/Chesire & Norfolk Collections

Wallhugger recliners, such as the Mobility Furniture Company's Chesire and Norfolk models, move forward as they recline, so do not need as much clearance space behind them as a regular recliner. That means you can put the recliner chair almost right up against the wall, giving you extra space for a desk and other home office bits and pieces.

Recliner Sofa/Kent & Lincoln Collection

For a bit of extra space to spread out, why not consider a two- or three-seater option for your new recliner office chair? During the day, the spare seat acts as extra desk space, where you can keep folders, a lap desk or even your pet. Many of our sofas, such as the Lincoln model, come with wall-hugging mechanisms, while others, such as the Kent, come with a dual motor operation so your partner can lean back and have a snooze while you're sitting upright working.

Dual Motor/Hampshire & Surrey Collection

Dual motor or dual lever chairs have separate mechanisms for the foot and backrests so can operate independently of each other. If you want to put your feet up under the desk while you are working, but not recline back, you can! Almost all our tailored recliners

come with a dual motor function, but two of the most popular are our [Hampshire](#) and [Surrey](#) designs.

Plenty of [accessories and gadgets](#) can make your home office work around your chair or sofa, such as a wheeled desk, storage pockets, wheeled drawers, reading stands, tablet cushions, vertical mouses and attachable arm tables that you can use for your phone, coffee and other paraphernalia. We recommend getting an adjustable light, which you can set to bright white light during the day then switch to softer yellow light in the evening. the office chair feature, USB charging ports can be added to the whole Mobility Furniture Company recliner chair range.

The Bottom Line

They say money can't buy happiness, but being independent and bringing in your own income – especially in our golden years! – can have a significant impact on our mental health and [overall satisfaction in life](#). If you want to keep working from home but find sitting in a chair for long periods uncomfortable or even damaging to your health, consider investing in a high-quality, tailored reclining lounge chair and adapting it to function as a work from home station.

To help you get started, a consultant from the Mobility Furniture Company will come to you so you can try out your new chair at home, just where you will be using it. Once it is in place, you can work in comfort and support by day, and at the push of a button, lay back and relax in the evening. Plus, if you feel like catching 40 winks during your lunch break, you will not even have to get up from your desk!

About The Author



[The Mobility Furniture Company](#).

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About Dr Rob Hicks?

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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