

## Hints and tips on riser and recliners

### **Some things to consider before choosing a riser/recliner**

It is important to keep active in life and therefore before buying a new chair consider your options carefully. The following information should help you to make an informed decision about the various available options.

### **Standard High Back Chairs**

If you are struggling with your current chair it may be that it is too low in which case raising the chair could make it easier to get up and down from.

### **Risers**

#### **Benefits and risks**

A riser chair will help when getting up and down but if a riser is used when it is not needed it may result in some loss of leg muscle strength. However, if you have a long-term condition a riser may be the right option to help you to conserve your energy and protect your joints.

#### **Manual versus powered**

When choosing between a manual or powered riser bear in mind the level of difficulty you are having. When getting up and down is becoming increasingly difficult a manual riser is the first option to consider but when getting up and

down becomes virtually impossible a powered riser may be more appropriate.

## **Recliners**

Please note that a recliner will not help you in getting in and out of the chair. Also be aware that some integral footrests require some physical effort to push the footrest back, before starting to stand.

Before you purchase a recliner, bear in mind that when in the reclined position, these chairs take up a considerable amount of space. You may need to rearrange your other furniture in order to make room.

## **Riser recliners**

Riser recliners will both recline and help you to get up and down.