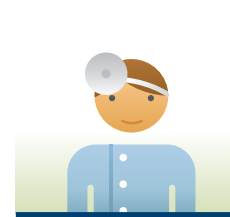


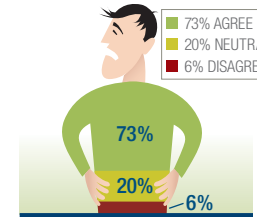
DOCTOR'S ORDERS: recline away back pain



Do you suffer from back pain? If so, doctors have a surprising suggestion that could relieve your pain! It turns out relaxing in a recliner is more than just comfortable... it actually could help reduce back pain and stiffness. New research shows that 7 out of 10 primary care physicians are likely to recommend sitting in a reclined position at home to decrease back pain.* Why do physicians agree reclining is so back-friendly? Because when you recline, you reduce the strain and pressure on your back. And only La-Z-Boy recliners offer total body and lumbar support, as well as varying reclining levels ensuring that your lower back and lumbar region are fully supported at all times and in any reclining position. So when it comes to relieving your back pain, follow doctor's orders and recline!



2 OUT OF 3 DOCTORS
are likely to recommend that patients sit in a reclined position to help alleviate back pain



7 IN 10 DOCTORS AGREE
that sitting in a reclined position at home can help you decrease your back pain and stiffness



THE AMERICAN CHIROPRACTIC ASSOCIATION has endorsed La-Z-Boy reclining furniture for its back and lumbar support

*Results are from an internet survey conducted by LCWA Research Group of 300 primary care physicians across the U.S. from July 29-31, 2009.

La-Z-Boy comfort. We've got your back!

L A  B O Y®

Reclining can help your sore back!

For more than 80 years, La-Z-Boy recliners have defined comfort. And doctors now recognize that reclining can bring relief to people suffering from back pain. Because only La-Z-Boy reclining chairs and sofas are exclusively designed with a seat and back that move together simultaneously, they're the only reclining furniture brand that ensures your back and lumbar region are supported at all times... and in all reclining positions. Speaking of support, it starts with the most durable frames in the industry. From there, we layer on quality materials and unparalleled craftsmanship. Add to that a limited lifetime warranty, and you can relax knowing that the La-Z-Boy reclining furniture you bring home today could bring you both comfort - and relief - for many years to come.



listen to the doctor



"Reclining furniture helps reduce back pain because it allows your entire body to relax with support for the head and neck, down to the lumbar area, knees and feet."

more tips for relieving back pain

Exercise. Exercise strengthens your back and stretches out sore muscles, which allows them to relax.

Apply moist heat directly to sore back muscles to loosen them, but only if you don't have inflammation or swelling. This can be done with a warm washcloth or even by taking a warm bath. Apply heat for 20 minutes up to three times a day.

Adjust the driver's seat in your car so you don't have to stretch to reach the pedals. Also, try placing a pillow behind the small of your back for extra support.

Women – try this test: stand in front of a mirror with your purse. If your shoulder naturally sags to one side, your purse is too heavy. Reduce the weight! Or, shop for purses with wider straps. Better yet, look for purses that resemble mini-backpacks, because a strap on each shoulder distributes the weight more evenly across your back.

80 percent of physicians recommend a high legrest position with the back partially or fully reclined, for resting a sore back at home.



For more information on how you can relieve back pain, visit la-z-boy.com/PrescriptionRecline