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How to adjust a lane recliner

If you're like many of us, you've got a Lane recliner that's at least 20 years old. And as the springs loosen on these chairs, they become less and less comfortable to sit in. If this sounds familiar, then don't worry! We'll walk you through how to loosen the spring tension on a lane recliner so your chair can be just as comfy as it was when it was new!

Steps on Loosening the Spring Tension on a Lane Recliner

Step One : Find your lever. You'll find it on the side of your chair, about a foot up from the ground. It will be positioned behind some fabric that's not attached to anything else (you can see how in our photo - we've pulled back a bit of material so you can see). This is what controls how tightly the springs are pulled, so you will want to pull it all the way up until a metal rod comes out of its socket in order to release tension.

Step Two: Put your chair into an upright position and remove any cushions that may be on it (if there's no cushion then skip this step). So now with your feet in position, reach up and take hold of that lever. It should be positioned right behind the fabric we mentioned before when you were looking for it - this will give you a good grip on how to pull down on it.

Step Three: Now for the moment of truth! You're going to want to keep your feet in place while pulling that lever down to release the tension. This may take a little pressure, but it should come undone pretty easily if you are doing it right.

Step Four: Once you have released all of that tension, simply put your chair back into an upright position and let go of the lever - voila! Your springs will be nice and loose now !

Step Five: Now that you've got your springs loose, it's time to put the chair back into its upright position. But how do you do this? The first thing we need to mention is whether or not there is any cushion left on your seat (if so, skip ahead). So now with your feet in position, reach up and grab the recliner's base while using your inside arm to pull up on the lever. This should help you put it back into an upright position!

Step Six: Once you have pulled that lever, be sure to replace all of the exterior screws in their original place before putting away your tools - now we are done! What is Spring Tension on a Lane Recliner? Spring tension is the resistance that springs offer to being pulled apart. When you pull on a spring, it will push back against your hand with force proportional to how hard or easy it was for you to pull them apart in the first place. A reclining chair's weight and position determine how much spring tension it needs to stay reclined. The more weight the chair has, and the farther back it's positioned in its "recline" setting, the greater amount of force is required from the springs which push against each other on either side of a metal bar located below where you lean back when sitting down. A chair with little weight or in a more upright position will need less spring tension, and the bar is usually not necessary. What to do if you Can't Recline Any More If your recliner won't go back all the way (or forward), it could be because of an error on how much force was applied to the springs when they were wound up. You can try winding them back the opposite way, but if that doesn't work you may need to take it in for repair or replacement of one of its two sets of springs. What NOT To Do If Your Recliner Won't Go Back All The Way (Or Forward) Hitting the springs with a hammer. Consuming large quantities of alcohol or other drugs and then reclining in your chair. Proper Recliner Etiquette and Safety Tips: Always use both hands, one on each armrest to help you sit up before standing back up from your couch. This will help you avoid your back from hurting. Always turn the recliner's power off before getting up, to prevent electrical shocks or fires. Never stand on the armrests or sit near them as they are not designed for bearing weight and can break easily if used improperly. After using it, always check your recliner for any safety issues such as broken springs or loose bolts. Safety Tips When Working on a Recliner Always turn the recliner's power off before getting up, to prevent electrical shocks or fires. Never stand on the armrests or sit near them as they are not designed for bearing weight and can break easily if used improperly. After using it, always check the recliner for any safety issues such as broken springs or loose bolts. When you notice that your recliner is stuck in a position and won't move back to its original place, before breaking down the spring tension with tools first try this: Sit on the chair's edge while firmly pulling the lever on the side that is stuck. If this does not work, you can use a screwdriver to bend slightly the metal rod in order to release it from its position. Some recliners have screws with plastic caps protecting them - be sure to remove these first before loosening or tightening any parts of your spring tension. Use buttons or a lever to adjust a reclining chair If your chair gives too much or too little resistance when tilting back, you can make a small adjustment to change its tension. Move coffee tables or other pieces of furniture away from the front of the chair so they don't get in the way of the footrest. Locate the lever or buttons that control the chair's recliner mechanism. The lever is typically located on the right hand side of the chair. Buttons are usually located on the chair's arm or side. Sit in the chair. If the recliner mechanism is operated by a lever, lean back to put pressure on the back of the chair while pulling the lever up to recline the chair and lift the footrest. Keep leaning and pulling until the chair is reclined to your satisfaction, then let go of the lever to stop reclining. If your chair is operated by buttons, press the recline button to recline the chair and lift the footrest. Stop pressing when the chair is reclined to your satisfaction. Lean forward in the chair, put pressure on the footrest and lift the lever up or press the release button to return the chair to its original position. Leave the chair in its original position and move to the next step if you need to adjust recliner tension. Locate two wing nuts or thumb wheels on the bottom of the recliner. They should be positioned near the back or the center of the recliner's bottom. Turn the nuts or wheels clockwise to increase tension. Turn them counterclockwise to reduce tension. All times are GMT -4. The time now is 03:35 AM. Powered by vBulletin® Version 4.2.2 Copyright © 2022 vBulletin Solutions, Inc. All rights reserved. © The Keeping Room of Alexandria, Virginia Did you know that it is possible to adjust the tension on a recliner? About half of all recliner models come with wing nuts or thumb screws that can be readily adjusted to either increase or decrease the mechanism's tension. Increasing the tension will give you more resistance. Decreasing the tension will give you less resistance. Even if there are no handy wing nuts, you can still adjust the tension. It will require a little more in the way of tools and DIY know-how, plus replacement parts. But before we talk about how to adjust it, let's first talk about why you might want to do so. There are a few general scenarios that are somewhat common. As noted above, tension can be either increased or decreased. So you have one set of scenarios that suggests you need more tension and another set that suggests you need less tension. If the primary person using the recliner is a huge person, the recliner may fall back too easily. They may both want and need more tension. In most cases, you will want to add tension if the person is very tall and/or weighs a lot. But there can be other reasons to add tension, such as the need for support for a bad back or for someone pregnant and having trouble getting comfortable. If the person using the chair plops themselves down in the chair, and it rapidly reclines backward and maybe even tilts a bit like something in a sitcom, you probably need to increase the tension. If it is far too loose, this is not just a comfort issue. It can also be a safety issue. If the chair ends up falling over backward, someone could get hurt. The opposite scenario also occurs. On the small side, people who have less strength than average may find themselves struggling with the recliner. This is not a comfortable or relaxing experience. Quite the contrary. This can be very stressful and a reason to start avoiding the recliner. In most cases, such people will be children, petite women, or sometimes elderly individuals who have shrunk and also lost muscle mass over the years. It is also possible that someone is temporarily underweight and experiencing reduced strength, such as when one is undergoing chemotherapy or similar. Again, this goes beyond comfort. A small, weak or ill person wrestling with the recliner can potentially hurt themselves. It may be as minor as strained muscles, but it could also be much more serious, such as pulling the stitches loose after surgery. Yikes! First Things First Because of the metal reclining mechanism and extra chair sections that hide it, recliners tend to be fairly heavy. Adjusting the tension will involve tipping it up or turning it over. This may go better if you get a second person to help you. Even if you are big and strong enough to turn it over and make the adjustments handily, this may go through several iterations before you are satisfied with the tension. As you repeatedly turn the chair back over, you may get tired and start making mistakes. This can lead to injury or other drama. You may also need safety goggles, safety gloves, and pliers to help you safely get a firm grip. If you are replacing the springs to add tension, a fairly large pile of nickels, quarters or washers will come in handy. How to Adjust the Tension About half of all recliners can be readily adjusted with little to no tools. The other half can still be adjusted, but it won't be so drop-dead simple. Easily Adjustable Models These models will have two wing nuts or thumb screws beneath them. There will be one on each side, right and left. The chair needs to be tilted forward or turned over. You may be able to turn the thumb screws barehanded, or you may find that you need work gloves to protect your fingers and give a better grip. If you are really struggling to adjust them or your fingers start to hurt from the exertion, a pair of pliers can come in handy. Remember Safety first! Whatever you do to one side, you need to do it in equal measure to the other, so the tension is adjusted evenly. Make small adjustments of about a quarter turn each time. You can tighten them by turning them clockwise. Loosen them by turning them counterclockwise. Yes, these tighten and loosen just like any other screw. Some people find the mnemonic "Righty tighty, lefty loosey," helpful in keeping track of the correct direction for the desired result. After you adjust it, turn it upright and try it. See if that's the right tension. If it is, you are done. If not, you will be turning it back over and making more adjustments until you find the sweet spot for your needs. How to Adjust a La-z-boy Recliner's Tension How to Adjust Tilt Back Tension on a La-z-boy Recliner Replacing Springs If there are no handy wing nuts for easy adjustment, you can buy replacement springs to adjust the tension. Ideally, you want to buy parts from the manufacturer that were designed for your model number. You may be able to get these from a local retailer that carries the recliner's brand in question or you may be able to order them online. If that doesn't pan out, you should still be able to get compatible replacement parts with a little asking around. Popping the old spring out will be relatively painless, though make sure you wear eye protection. If you are installing a very tight spring, there is a trick to doing so easily: Did you know your pocket change was so mechanically useful? You learn something new every day! P.S. If your recliner is completely broken, you can check out the list of best recliners we've picked for you to replace it.

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