

# The Perfect Chair™

## Use and Care Guide

### Congratulations!

You have just purchased one of the finest pieces of ergonomic furniture available. We at Interactive Health® know that there are several products available on the market, and we thank you for selecting ours. We are confident that you will enjoy The Perfect Chair™ for many years to come.

The Perfect Chair™ is designed to deliver maximum seating comfort benefits, in combination with the elegant, well crafted design of a fine piece of furniture. What makes this chair so special? The Perfect Chair™ is unlike any chair you've ever encountered, and it's what you can't see that counts.

### Ergonomics Features

- The fixed form of the 90-degree seating position ensures the most ergonomically beneficial posture, at all reclining angles.
- Reclines to a physician-recommended position for optimal circulation and pressure relief for the spine.
- Built-in lumbar feature provides lower back support to ensure comfort when sitting or reclining for long periods of time.
- Headrest provides comfortable cervical support.
- Getting in and out of The Perfect Chair™ is made simple with our thoughtfully designed leg rest and seat positioning system.
- Conveniently located braking system is effortless to use.

### Design Features

- Architecturally designed to complement any room decor.
- Rugged steel frame to ensure your Perfect Chair™ lasts for years.
- Engineered with ball-bearing recline system for smooth, quiet operation.
- Single apparatus braking system is unobtrusive, easy to access, and requires minimal effort to engage.

As a valued customer, we want to assure that your experience with our product and our company exceed your expectations.

Please follow this basic use and care instructions and enjoy years of relaxation in The Perfect Chair™.

### Before Using The Perfect Chair™

The Perfect Chair™ is designed to be used by just about anyone, and if treated like any other fine piece of furniture, it will last for years. However, there are situations where improper use or care might cause damage to the product. Specifically, please note the following:

- The chair is designed for individual use and for body weights under 285 lbs.
- Do not sit on the chair arms under any circumstances.
- The chair is intended for stationary use, not for rocking and riding.
- Always recline in the chair slowly to maintain optimal performance of the suspension system.
- Keep fingers and loose clothing away from the guide rails at all times.
- This product is not designed for use by disable persons or children without adult supervision.
- If you have chronic back pain, have undergone surgery, or have any questions about using this product, consult your physician before use.
- If you experience dizziness or nausea, discontinue use and contact your physician immediately.

#### Note

- Before assembly and/or using your Perfect Chair, please be sure to read the Use and Care Guide & Assembly instructions.

## Using The Perfect Chair™

To ensure maximum benefit and enjoyment of The Perfect Chair™, please follow these instructions:

### STEP 1

#### SITTING IN THE PERFECT CHAIR™

Sitting in your chair will be easy if you follow these basic steps:

1. Check to be sure the chair is in the complete upright position. Release the brake by lifting up on the brake release handle on the front of the left armrest and pulling the backrest forward until it stops.
2. Let go of the brake handle to lock the chair into position.
3. Now you are ready to sit and relax in your Perfect Chair™.

### STEP 2

#### RECLINING THE PERFECT CHAIR™

Once you are seated in the chair, you can adjust the recline position by doing the following:

1. Hold on to both armrests.
2. Release the brake by pulling up on the brake release handle.
3. Lean backwards and recline to a desired position.
4. Let go of the brake handle to lock the chair into desired position.

### STEP 3

#### ADJUSTING THE RECLINE POSITION

To adjust the recline position forward or backward:

1. Hold onto both armrests.
2. Release the brake by pulling up on the release handle.
3. Hold onto both armrests.
4. To recline back further, lean backwards and recline to the desired position.
5. To move into a more upright position, pull up on the armrests with your hands, while applying slight downward pressure with your elbows (this is strange the first

time, but it becomes easier with repetition) until you begin to move forward.

6. When you have reached the desired position, let go of the brake handle to lock the chair into position.

### STEP 4

#### GETTING OUT OF THE PERFECT CHAIR™

To get out of The Perfect Chair™, do the following:

1. Hold onto the armrests.
2. Release the brake by pulling up on the brake release handle.
3. While gripping the front of both armrests with your hands, lift upward, while placing slight downward pressure on the armrests with your elbows, until the chair moves to the upright position.
4. Raise chair to its complete upright position.
5. Let go of the brake handle to lock the chair in the upright position.
6. Use the armrests for support to stand.

## Perfect Chair Care

Keeping your chair in great condition is easy. Using common sense and treating your chair like you would a fine piece of furniture is the key to years of use. Some tips for care of your chair are:

## Moving Your Chair

If you want to move your chair to a different location, be sure to do the following:

- Have another person assist you.
- Lift the chair from the base, not the armrests or suspension system.
- Lock the chair in the fully reclined position before moving.

## Beauty Care

Use the following tips for keeping your chair at its best:

- Avoid placing the chair in direct sunlight or extreme weather conditions.
- Use water-based cleaners only. On wood, use household wood polish or cleaner.
- Always attempt to immediately wipe liquid spills from the surface of the leather. To prevent cleaning rings, wipe with a damp cloth from the outer edge of the stain toward the center. Recent liquid spills bead up on the surface of the leather, and can be blotted away with an absorbent cloth or tissue. On nubuck, always end the cleaning process by brushing the leather gently with a suede brush.

## Warranty

Interactive Health® manufactures the highest quality products possible. Our confidence in the quality of The Perfect Chair™ is supported by a limited warranty. Please see the warranty registration card for details.

## Customer Service

If you require customer service, our representatives are available to assist you Monday–Friday, 8:30am–5pm, PST. Please call toll free: (800) 742-5495.

