

# AMBULATION

*Meaning: Ambulation is the act of walking or moving about, particularly for health benefits or recovery.*

1. Ambulation is often encouraged after surgery to promote healing.
2. The doctor recommended regular ambulation to improve circulation.
3. Her ambulation was noticeably improved after physical therapy sessions.
4. The elderly residents participated in a daily ambulation program.
5. Ambulation aids such as walkers can greatly enhance mobility.
6. After his injury, he focused on ambulation exercises to regain strength.
7. The research highlighted the benefits of ambulation for mental health.
8. Despite her age, she maintained an impressive level of ambulation.
9. Ambulation is a key component of rehabilitation for stroke patients.
10. They monitored the patient's ambulation closely during recovery.

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