

# DECUBATION

*Meaning: Decubation is the process of transitioning from a lying down position to sitting or standing, particularly important in patient recovery.*

1. The doctor advised a gradual transition from decubation to sitting up to avoid dizziness.
2. Decubation is a critical phase in the recovery of patients after prolonged bed rest.
3. Understanding the proper techniques for decubation can significantly improve patient comfort.
4. Careful monitoring during decubation ensures that no complications arise from sudden movements.
5. In physical therapy, decubation exercises are essential for strengthening core muscles.

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