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# Pru Comben

## Pru Comben is an Exercise Instructor, read below about his experiences.

### My role as Exercise Instructor involves providing patients with exercises tailored to their specific rehabilitation needs, either on one-to-one basis or in a small group where people have similar conditions such as hip and knee osteoarthritis. I use my experience as a personal trainer and pilates/group exercise instructor to provide individual training programmes for patients, which allows the physiotherapists in my team more time for complex patients and assessments.

In the world of exercise, it’s easy to train people who are already at the gym, who are young and fit and eager. I wanted to bring my skills to those who are less inclined to exercise and show them the benefits of movement and targeted training. I’ve spent a lot of time working closely with the physiotherapists in my team, learning certain rehabilitation skills, and completed my Pilates training whilst on the team as well. These skills marry up well with my prior training in a variety of fitness classes and techniques to give me the versatility I need in my role.

I’ve had the privilege of providing long term rehabilitation to several patients who may not otherwise have received it, given our stretched service. I’ve seen patients improve their ability to the point where they could go from being a wheelchair user to walking independently of any support.

**The job provides a wide variety of fascinating challenges and helps you grow numerous different skills. Helping people is one of the best feelings in the world and so rewarding.**