

## Ulrike Wilkening



Physiotherapist, - McKenzie and Manual Therapy - Graduate with private practice in Vienna.

**Education and work experience**  
University Hospital Hamburg Eppendorf and Private Practice  
**Specialisation**

Functional analysis and treatment of pain-suffering patients on specialist-departments, orthopedics, neurology, surgery.

Motion analysis for the purpose of determination of failed static with back and joint problems. Training consultation by sports injuries, due to the improper strain put on particular parts of the body.

On the basis of longtime experience with motion-behavior and workout I have developed the **Wilkening-Method**.

The integrative holistic training-concept for the purpose of stabilization of mental and body imbalances is based on the sound knowledge from the field of biomechanics and functional anatomy, which provides for a beneficial quality of movement in all movements and in sport.

### Wilkening method to overcome stress

Posture and movement patterns which trigger off stress are recognized and treated on the level of body therapy.

### Specials

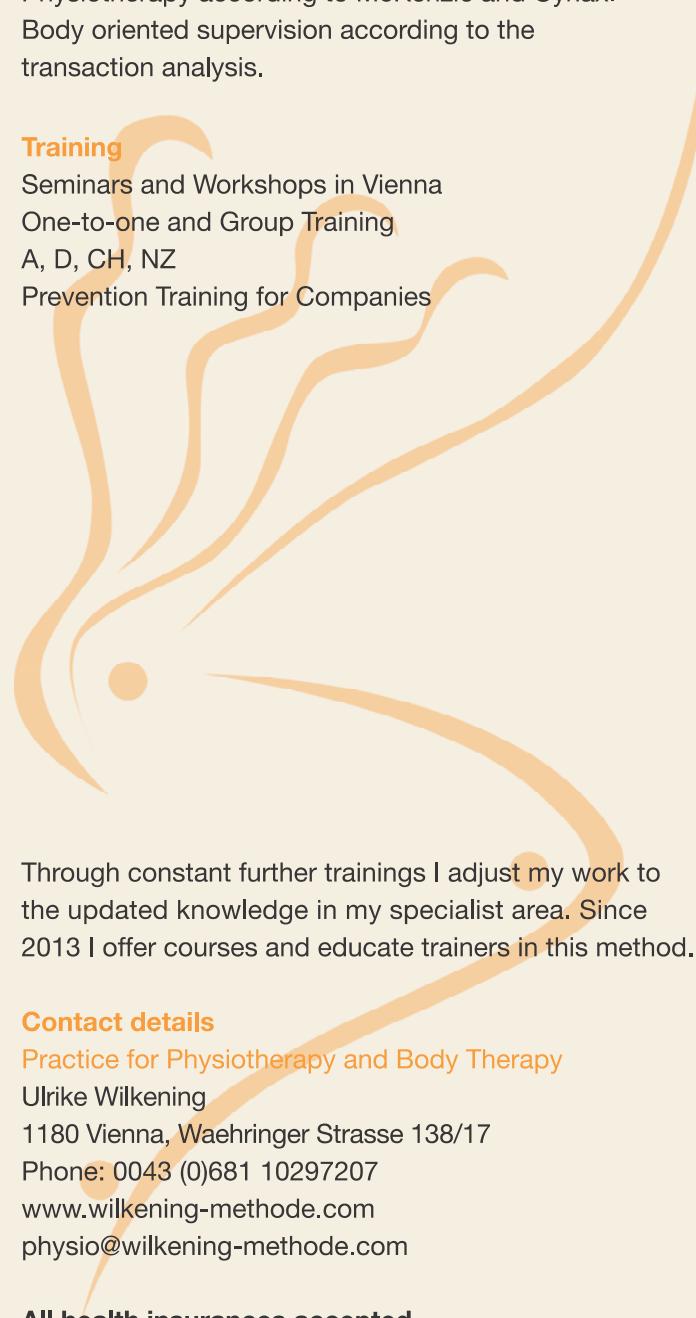
Both metabolism and mood improve during the complex training units and though the interaction of all biological processes during the movement.

## Therapie

Physiotherapy according to McKenzie and Cyriax. Body oriented supervision according to the transaction analysis.

## Training

Seminars and Workshops in Vienna  
One-to-one and Group Training  
A, D, CH, NZ  
Prevention Training for Companies



Through constant further trainings I adjust my work to the updated knowledge in my specialist area. Since 2013 I offer courses and educate trainers in this method.

## Contact details

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All health insurances accepted.

# WILKENING

## Walk of Life

biomechanical - biodynamic - good

According to the holistic therapeutic concept of Wilkening-method

Use the healing effect  
of biodynamic walking

Step by step **away from** pain,  
overweight and fatigue, and  
**on the way to** body consciousness

# Walking –

## The Right Way To More Body Consciousness

**Did you know...**that walking presents the most natural, holistic, and most effective training possible? Provided that your walking is biomechanically correct and that you pay attention to the right body posture.

**... that** your daily 2000 or 4000 steps may be your decision for a simple, time-saving and motivated health precaution?

**... that** your conduct in movement has a positive impact on your psyche and your metabolism, that it reduces stress and the risk of injuries, and increases your efficiency?

**...that** function promoting physical activity has a positive effect on your psyche, that it boosts your metabolism, reduces stress and the risk of injury, as well as that it increases your performance?

With the **Wilkening Walk of Life**, your daily movements become an effective training for the whole body, which is good for your everyday life and for your sport.

By taking your personal needs into account this training is perfectly suitable for:

- young and old
- sportsmen and hobby sportsmen
- pain infested and pain unsettled ones
- everyone who can walk

# Wilkening Walk of Life

## biomechanical - biodynamic - good



**Every step is an impulse for regeneration**  
**Every walk is a step to more freedom in movement**

“The Wilkening Walk of Life” helps you to achieve regeneration of your whole body. With every step you make. Biomechanical axially correct movements present the basis to the training-concept.

Functionally promotional practice leads back to the original walking posture.

Practicing correct biomechanical motion leads to a smooth motion and automatically becomes part of your body-memory.

### You'll Go Better With the Wilkening-Method

Experience a completely new body-feeling, easiness in motion and light-heartedness in psyche.

#### **Less stress – more joy of life**

Body-friendly motion movements reduce stress hormones, increase attention and work performance.

#### **Lightness Instead of Depression**

The interaction between posture and psyche boosts happiness-hormones and helps you feel better altogether.

#### **More concentration – more creativity**

The networking of both parts of brain increases and resolves the brain blockages.

#### **Regeneration instead of Degeneration**

A better body-static reduces the pressure on joints and on intervertebral discs.

It strengthens the immune system.

#### **Body-forming**

Correct walking forms and tightens muscles, which remain unused by other sports.

#### **Energy**

Power, endurance and coordination increase already after a very short period of time, which also helps against fatigue at the working place.

#### **Feel well from the start**

Correct body movements work against over acidity, help to lower blood fat and activate vein and lymph systems.

#### **Better and more authentic communication**

Resolving the movement patterns put on pressure helps you to improve communication and to become more authentic in appearance.

#### **Let's go!**