

**Abstract:**

The aim of this study was to demonstrate that exercise with a oscillatory poles FLEXI-BAR ® for paraplegics has a positive effect on strength, the force endurance, stability and proprioception. The theoretical starting point is the supposed positive effects of vibration training on the human body. The training was attended by 14 subjects, who thirty minutes a day for four weeks, doing exercises with Flexi-Bar ® as a single methodical series of exercises. The effect of therapy was evaluated by hand-grip test, inclination test, a modified 6-MWT test and a test of target point. The hypotheses were confirmed, the results of all tests was statistically significant.