

PB Lite Grip Pro – Clinical and Performance Review

By Dr. Yosef Bilal Bruer, OTD, OTR/L

Author's Disclosure

This review reflects my independent clinical and athletic evaluation of the PB Lite Grip Pro. I was not paid or financially compensated for this review, and I have no financial interest in the company or its products. All observations, opinions, and conclusions are my own, based on real-world use and professional expertise. These views do not represent those of PB Lite Grip Pro or its ownership. My assessment is guided by evidence-based practice, hands-on testing, and a goal of educating players and clinicians on injury prevention and performance optimization.

Introduction

Last week, while preparing for a mixed doubles pickleball tournament, I began integrating the PB Lite Grip Pro into my training sessions. My partner and I won the tournament and qualified for Nationals. But beyond the medal, I was most impressed by what I learned about this grip's clinical relevance and on-court performance value.

As a Doctor of Occupational Therapy with specialization in upper extremity biomechanics and an active competitive pickleball player, I approached this tool from two lenses. I wanted to understand how it performs during athletic training, but also how it may support joint protection, motor efficiency, and player longevity.

Purpose and Design

The PB Lite Grip Pro is a training aid, not a device intended for tournament play. It is designed to be used during warmups, drills, and soft game development to help players recognize and reduce unnecessary grip pressure. It fits over a standard paddle handle and serves as a tactile cue, reminding players to relax their grip and avoid excessive tension.

From a clinical perspective, this is a valuable concept. Overgripping the paddle leads to strain on the wrist and elbow, limits tactile feedback, and accelerates muscle fatigue. Research consistently shows that lighter grip pressure improves proprioception,

reduces vibration transfer, and supports more relaxed joint mechanics (Rettig et al., 2023; Siegler et al., 2014).

What sets the PB Lite Grip Pro apart is its minimal interference with paddle familiarity. It does not change balance or handle shape. Instead, it enhances motor learning through repetition and sensation, making it approachable for beginners and advanced players alike.

Paddle Feel and Design Impact

The PB Lite Grip Pro adds noticeable thickness to the handle by design, which is intentional for developing better tactile awareness and encouraging more controlled grip pressure. Despite this increase in diameter, its lightweight build ensures that the paddle's balance, timing, and swing dynamics remain largely unaffected. The paddle still feels natural in hand, which means players can work on grip refinement without losing the feel of their preferred setup.

It may take a brief adjustment period to get used to the new feel, but the benefit is immediate—especially during warmups and focused drills. The grip serves as a gentle cue to relax the hand, reinforcing more efficient neuromotor patterns with each repetition. It is a simple yet powerful training tool that enhances awareness without compromising paddle responsiveness.

Who Can Benefit

The PB Lite Grip Pro offers value across a wide spectrum of pickleball athletes. It may benefit:

- New players who instinctively grip too hard when developing paddle control
- Intermediate players refining resets, dinks, and drop shots
- Older adults or those with joint pain who need to reduce unnecessary stress
- Competitive players seeking more efficient grip habits under fatigue
- Coaches or therapists aiming to teach healthy mechanics and prevent injury

The unifying benefit is improved awareness. Players begin to understand how much pressure they are applying and, over time, develop a more efficient and sustainable grip habit.

When and How to Use It

To clarify, this product is meant for training only. I used it during short pre-match warmup sessions and targeted drills, typically ten to fifteen minutes at a time. These periods were perfect for skill sharpening and soft game work with my partner.

The goal is not to wear the grip during competition. The benefit comes from training with it beforehand. The PB Lite Grip Pro builds neuromotor memory, which allows the brain and hand to retain the feel of optimal grip pressure even after the device is removed (Lee et al., 2021). When used regularly, this feedback translates directly into smoother control during actual play.

Why It Matters

Grip tension affects everything from paddle control to injury risk. When you grip too tightly, the forearm extensor muscles remain overactive. This is a major contributor to common overuse issues such as lateral epicondylitis and general wrist strain.

A lighter grip increases mobility, improves hand reaction time, and allows for longer play without fatigue. The research supports these effects. Reducing grip pressure enhances tactile feedback, minimizes joint loading, and helps preserve tendon health over time (Cools et al., 2018; Chang et al., 2022).

Loosening your grip is not just about comfort. It can redefine how you move and perform on the court.

Testing and On-Court Impressions

Over the past week, I used the PB Lite Grip Pro in real training conditions. That included court warmups prior to tournament matches and focused drill work with my wife. These sessions were an opportunity to isolate grip control and assess how the product performs under real physical and mental preparation.

I found the grip extremely reliable. It stayed in place during every session, even when transitioning quickly or striking repetitive soft shots. This stability matters when training because it allows the brain to focus entirely on feel and technique, without distraction.

What I appreciated most was how quickly my body responded to the cue. The moment I wrapped my hand around the grip, it triggered a noticeable relaxation in my fingers and wrist. My resets felt smoother, and my soft game control improved right away. These benefits carried over into match play once I removed the grip.

The shape distributes pressure evenly and does not cause hotspots or hand irritation. For any player with previous wrist or elbow concerns, this type of contouring supports longer practice sessions without soreness. The research confirms that grips which promote even pressure also improve neuromuscular efficiency and reduce overuse strain (Nakamoto & Katayama, 2020).

Final Thoughts

The PB Lite Grip Pro is a smart and simple training tool. It does not require a learning curve or major adjustment. Instead, it guides your hand to work more efficiently with the paddle. That difference can impact everything from resets to dinks to long rallies under fatigue.

In my own training for Nationals, this grip has already become a consistent part of my preparation. It helps me start each session with better awareness and less strain. I trust it to help keep me sharp and injury-free.

Based on my clinical expertise, testing experience, and evidence-supported benefits, I am proud to award the PB Lite Grip Pro the Beyond Biomechanics Certified badge through Beyond Ages Therapy Solutions. This endorsement reflects both its therapeutic credibility and real-world performance value.

Whether you are just getting started or chasing your next tournament goal, this is a tool worth adding to your warmup and training routine.

References

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