

# July 9 RoundUp - Dynamic Neuromuscular Stabilization, the Benefits of Parkour & More

UpRight Science Weekly News RoundUp · July 9, 2026

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## New Research & Data

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### Effects of Dynamic Neuromuscular Stabilization on Balance, Gait, and Quality of Life in Older Adults

*Nature (Scientific Reports)*

Peer-reviewed research finds that age-related declines in neuromuscular and sensory systems substantially raise fall risk and erode independence, and tests a stabilization-based intervention to address it.

**UpRight POV:** *Indeed balance is a modifiable, trainable physical quality—poor balance is not an inevitable casualty of aging. We like to see research that complements our mission in this way.*

### Hearing Loss and Dementia Risk, What New Research Shows

*Fort Worth Star-Telegram*

New research finds communities with higher rates of hearing difficulty also have higher fall rates, reinforcing that hearing loss rarely operates in isolation from broader functional decline.

**UpRight POV:** *Another reminder that fall risk is multi-system—a strong argument for holistic, continuous monitoring rather than single-factor screening.*

## Maintaining Your Balance: Health Tips & News

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### This 10-Second Balance Test May Help Predict How Long You'll Live, Research Shows

*TODAY.com*

Revisiting a widely cited 2022 study, this recent piece notes that inability to stand on one leg for 10 seconds correlated with an 84% higher mortality risk over the following decade.

**UpRight POV:** *A single-leg stand test going mainstream in a general health outlet is great coverage on the importance of balance—but a 10-second pass/fail test is a blunt instrument compared to continuous, accurate, quantified balance tracking.*

### FOR YOUR HEALTH: It's All About Balance: Preventing Falls as We Age

*Jefferson City News Tribune*

A general-audience health column covers common fall contributors—foot pain, improper footwear, and home hazards like loose rugs or poor lighting—and what to do after a fall occurs.

**UpRight POV:** *It's good to see physicians like Dr. More covering the importance of balance in this way to a regional audience. Next step? Measuring your balance consistently over time!*

## Tai Chi for Beginners

*Culver City Crossroads*

Local event on a beginner Tai Chi class explicitly designed to promote balance and fall prevention.

**UpRight POV:** *Highlighting this free, local Tai Chi event that is regularly hosted in Culver City because we love Tai Chi for maintaining balance and wholeheartedly support non-profit efforts like this one to make learning the art and practice of Tai Chi accessible to anyone.*

## Making Falls Prevention Programs Accessible to Adults with Low Vision

*National Council on Aging (NCOA)*

NCOA outlines practical strategies for including low-vision older adults in evidence-based falls prevention programs, noting vision loss affects over 25% of adults 71 and older.

**UpRight POV:** *A good reminder that measurement tools and programs need to be accessible by design—vision loss shouldn't be a barrier to tracking balance.*

## Parkour for Seniors? Classes Help Older Wisconsinites Build Strength, Community

*Wisconsin Watch / Baldwin Bulletin*

Feature on adapted parkour classes for older adults in Wisconsin, designed to build strength and community while reducing deadly falls.

**UpRight POV:** *Wisconsin unfortunately boasts high rates of falls among adults, so we're thrilled to see seniors learning parkour as a communal event.*

## Also in the News

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