

August 18 RoundUp - The Balance Test That Predicts Mortality, Grab Bars That Halve ER Visits & More

The UpRight Science Weekly News RoundUp has been on summer break for the past couple of weeks, but we're back with the August 18, 2026 edition

New Research & Data

Physical Fitness and All-Cause Mortality in Older Adults

JAMA Network Open · August 12, 2026

A JAMA study found older adults who could stand longest on one leg were significantly more likely to survive the following seven years than those with weaker single-leg balance.

UpRight POV: *Direct validation of our core thesis—a simple, quantifiable balance test predicts mortality risk years out. Findings like this are exactly why single-leg stance time deserves a place alongside blood pressure and weight as a routinely measured vital sign.*

Study: Grab bar installations nearly halve number of ER calls among older adults who have fallen

McKnight's Long-Term Care News · August 12, 2026

A new study found that installing grab bars in homes nearly cut in half the number of emergency calls following falls among older adults.

UpRight POV: *Affordable, low-tech interventions still move the needle, but knowing who needs a grab bar most requires an objective balance assessment first, not guesswork.*

Maintaining Your Balance: Health Tips & News

Hop! Skip! Jump! How fast exercises prevent falls and improve your balance

LA Times · August 18, 2026

Trainer Trina Altman argues balance training should include plyometrics like pogo hops and squat jumps, not just static holds, since falls come from sudden missteps that require fast reactive power (a trait called dynapenia) rather than steady balance alone.

UpRight POV: *A great reminder of the nuances involved in catching ourselves when we fall—muscle power and bone mass. We're thrilled to see this article highlight exercises to help strengthen reactive muscle, but we're dismayed by the positioning of stationary balance versus reactive muscle. All is important—the human body works together as a system.*

By the time a resident falls, we've already missed something

McKnight's Senior Living · August 13, 2026

The piece highlights that sleep fragmentation alone can roughly double a senior living resident's fall risk, alongside other early warning signs that routinely go unmonitored.

UpRight POV: *This is a powerful argument for continuous measurement—balance and fall risk change day to day, and only ongoing tracking catches the warning signs in time.*

The most useful exercise advice after 60 is not about doing more of one thing

Science Blog · August 15, 2026

The article summarizes current exercise research recommending that adults over 60 treat balance and strength as first-class training goals alongside aerobic fitness, not afterthoughts.

UpRight POV: *Balance finally getting billed as a primary training goal—not a bonus—is the cultural shift that makes measurement-driven balance tracking a natural next step for consumers.*

Helping seniors stay balanced

Santa Fe New Mexican · August 14, 2026

The piece covers efforts to expand fall-prevention classes in rural Northern New Mexico, where a shortage of trained instructors limits access.

UpRight POV: *Access, not just awareness, is the real barrier in rural communities. Technology that can bring a standardized balance assessment to places without a trained instructor on-site has great potential here!*

Also In the News

Health advocacy group sues AMA to make billing codes public

Healthcare Dive · August 17, 2026

A patient rights nonprofit is suing the AMA, arguing CPT billing codes—required by law for medical billing—should be publicly available without copyright restriction.

UpRight POV: *Anything that changes how billing codes are accessed or governed is worth keeping an eye on as we work toward standardized reimbursement codes for balance assessment.*

New White Paper from Secretary David J. Shulkin, MD, Outlines Strategy to Prevent 10,000 Veteran Hip Fractures a Year

PR Newswire · August 13, 2026

A new white paper outlines strategies to protect veterans, who face elevated hip fracture risk, extending care from fall prevention to the moment of impact.

UpRight POV: *Scale like this—10,000 preventable fractures a year in one population alone—is the kind of number that should be driving balance measurement into standard VA and Medicare care pathways.*

XZent Solutions Launches BedExit: AI-Powered Predictive Fall Detection

openPR.com · August 10, 2026

XZent Solutions launched BedExit, an AI-powered system designed to predict and flag fall risk before a patient leaves their bed unassisted.



UpRight POV: Predictive, sensor-based fall detection is a fast-growing category adjacent to UpRight Science. We're on a mission to get people ahead of these technologies so they live long, healthy lives.