August 27 RoundUp — Intrinsic Capacity, the Mobility Tests That Miss the Full Picture & More

UpRight Science News RoundUp · August 19–27, 2026

New Research & Data

‘Intrinsic Capacity’: The Most Important Longevity Term You’ve Never Heard of

The New York Times · August 26, 2026

The WHO-developed “intrinsic capacity” metric—spanning cognition, locomotion, sensory function, psychology, and vitality—is gaining traction in the mainstream press as a holistic measure of healthy aging.

UpRight POV: *Locomotion (which includes balance) is one of intrinsic capacity’s five core domains, but the framework doesn’t yet specify how to measure it well. The operative word here is “yet!”*

Mobility tests can tell doctors a lot about how you’re aging, but there are many other factors

AP News · August 24, 2026

AP examines common clinical mobility assessments—the Timed Up and Go test, grip strength, and balance checks—noting they signal health trends but don’t predict longevity on their own.

UpRight POV: *This is the crux of our vision: a single point-in-time test is a snapshot, not a trend line—balance needs to be tracked over time to be genuinely predictive.*

Maintaining Your Balance: Health Tips & News

Static and dynamic balance exercises: a 5-minute routine for longevity

LA Times · August 19, 2026

A quick, evidence-backed at-home routine combining static holds and dynamic movements aimed at improving balance and reducing fall risk.

UpRight POV: *Short routines like this are exactly what most people will actually do—the open question is how they, and we, measure whether it’s working.*

At-home balance exercises

LA Times · August 18, 2026

A companion piece outlining beginner-friendly balance exercises that require no equipment and can be done at home.

UpRight POV: *Good practical content for consumers. A natural companion to any tool that shows people whether their home routine is actually improving their balance.*

Experts Say A Balance Pad Can Help Older Adults Maintain Stability

HuffPost · August 26, 2026

Physical therapists recommend balance pads as a low-impact way to build stability and proprioception in older adults.

UpRight POV: *We love to see the importance of balance being reported to the consumer audience. Pair the balance pad with regular balance checks with our free app, StayUpRight!*

Just 4 Minutes of Daily Strength Training Can Quadruple Fitness in Older Adults

SciTechDaily · August 24, 2026

A new study found that brief daily strength-training sessions meaningfully improved mobility markers tied to fall risk and independence in older adults.

UpRight POV: *A four-minute floor for meaningful benefit is a great, low-friction message, but "meaningfully improved" should be something a person can see measured, not just feel.*

Also In the News

The Imperative of Distinguishing Medical-Grade Devices from Wellness Tech

MedCity News · August 21, 2026

Updated FDA general wellness guidance is prompting major wellness companies to avoid FDA clearance, increasing pressure on medical-grade device makers to differentiate themselves.

UpRight POV: *We're proudly FDA-cleared software as a medical device (SaMD) for our clinical technology, and happily offer StayUpRight!, our free general-wellness app, too.*

The home is becoming America's senior care infrastructure

McKnight's Home Care · August 25, 2026

Comfort Keepers' CEO argues home-based care is increasingly central to senior care delivery, driven by aging-in-place demand and rising chronic-care complexity.

UpRight POV: *As more care shifts into the home, remote and passive balance measurement becomes even more valuable.*

Traumatic brain injury outcomes across human development index strata in 29 countries

Nature Medicine · August 20, 2026

New global research finds falls are a leading cause of traumatic brain injury, with the mix of causes and outcomes varying sharply by country income level (a companion piece from OHSU News, Aug 20, covers similar findings).

UpRight POV: *TBI is one of the most serious downstream consequences of a fall—a reminder of the stakes behind earlier, better balance intervention.*