

September 2 RoundUp — Physical Tests That Predict Survival Odds, a New Stroke-Care Guideline for Fall Risk & More



UpRight Science Weekly News RoundUp · August 26–September 2, 2026

New Research & Data

Simple Physical Tests Offer a Powerful Gauge of Long-Term Survival Odds

ad-hoc-news.de · August 30, 2026

New research finds that simple physical performance tests, including balance and mobility work, are strong predictors of long-term survival, with fall-prevention exercises highlighted as a particular priority.

UpRight POV: *This is the thesis UpRight is built on: balance isn't a soft wellness metric, it's a quantifiable predictor of health outcomes that deserves the same rigor as blood pressure or cholesterol.*

AHA/ASA Issue New Guideline for Adult Stroke Rehabilitation and Recovery

Neurology Live · August 28, 2026

The updated guideline formalizes fall-prevention programs and calls for annual fall-risk evaluation using a validated instrument as standard post-stroke care.

UpRight POV: *We're very glad to see a major medical society recommend routine, validated fall-risk measurement. We'd like to zoom out even further and get ahead of this phase with consistent balance measurement.*

Why Falls May Be the Best Bellwether for Staffing, Operational Performance

McKnight's Long-Term Care News · September 2, 2026

McKnight's argues fall rates in long-term care facilities are a more reliable signal of staffing and operational quality than many traditional metrics.

UpRight POV: *If falls are already an operational KPI for facilities, continuous balance measurement is the natural instrumentation layer underneath that KPI.*

New AI Tool Predicts Hip Fracture Risk Years Ahead

News-Medical Life Sciences · August 27, 2026

A new AI model uses imaging and clinical data to predict hip fracture risk years in advance, potentially guiding earlier bone-density testing and fall-prevention interventions.

UpRight POV: *Predictive risk models are only as good as their inputs—continuous, objective balance data is a natural complement to imaging-based fracture prediction.*

Maintaining Your Balance: Health Tips & News

Mobility Tests Can Tell Doctors a Lot About How You're Aging, but There Are Many Other Factors

Los Angeles Times · August 25, 2026

Clinicians are increasingly using mobility and gait-speed tests to estimate biological age and fall risk, though experts caution these tests are one input among several.

UpRight POV: *This kind of coverage validating mobility-as-biomarker is a tailwind for us here at UpRight, priming clinicians and consumers alike to expect a number, not just a subjective assessment.*

Also In the News

Americans Want Transparency When AI Is Used in Their Healthcare

Pew Research Center · August 25, 2026

A Pew survey finds most Americans want to be told when AI is involved in their care decisions, even when they trust the underlying technology.

UpRight POV: *A reminder to all of us in the medical tech and software space—we must be explicit and transparent about how our tools and services work.*