

September 17 RoundUp — The Case Against Overly Cautious Fall Prevention & More



UpRight Science Weekly News RoundUp · September 10–17, 2026

Company News

[UpRight Science Brings Together Expert Advisory Board to Advance Balance as an Essential Health Measure](#)

Morningstar (PR Newswire) · September 16, 2026

UpRight Science announced a new expert advisory board to help advance balance as a measurable, essential health indicator, reinforcing the company's FDA-cleared balance software platform and its mission around Balance: The Sixth Vital Sign®.

New Research & Data

[Institutional Fear of Falling—Causes, Consequences, and Cures](#)

JAMA Internal Medicine · September 16, 2026

A JAMA viewpoint examines how institutional efforts to prevent patient falls can themselves cause harm — over-restriction and deconditioning — and proposes a more balanced, systems-level approach.

UpRight POV: *The goal isn't just fewer falls, it's maintained mobility and function. Objective balance measurement helps facilities target real risk instead of defaulting to restrictive, deconditioning practices.*

[Kinesiology Professor Receives \\$541K Grant to Study Fall Risk in Older Adults](#)

CSUSM NewsCenter · September 11, 2026

A National Institute on Aging grant will fund a three-year study aimed at improving assessment and prevention strategies for fall risk in older adults.

UpRight POV: *Continued federal investment in fall-risk assessment research signals a growing appetite for better, more objective measurement tools—the same gap our platform is built to fill.*

Maintaining Your Balance: Health Tips & News

[Simple Moves That Could Prevent a Dangerous Fall](#)

KSAT · September 15, 2026

A local segment from a senior center demonstrates simple balance movements older adults can practice at home to reduce fall risk.

UpRight POV: Coverage like this keeps balance top-of-mind for the exact audience we serve — the challenge is turning “simple moves” into a routine people can see is actually working.

[7 Best Standing Ab Moves to Start This Week After 50](#)

Eat This, Not That! · September 14, 2026

A trainer outlines standing core exercises designed to reduce strain on the neck and low back while building the functional, rotational strength that supports balance and lowers fall risk.

UpRight POV: Core strength and balance are inseparable in the literature: standing, functional core work like this directly supports the stability our platform measures.

[Your 80-Year-Old Self Will Thank You for Doing These 5 Simple Midlife Exercises](#)

BikeRadar · September 13, 2026

The piece recommends simple midlife strength exercises—including a hip-hinge move—that translate directly into everyday functional tasks like standing from a chair and climbing stairs.

UpRight POV: Framing exercise around “the tasks you’ll need decades from now” is a great communication model, and is the same functional lens we use when talking about why balance is measurable and trainable.

Also In the News

[Coast Guard’s New Brain Health Initiative Will Help Prevent, Detect and Treat Concussions](#)

U.S. Coast Guard (MyCG) · September 15, 2026

The U.S. Coast Guard launched a Brain Health Initiative focused on concussion prevention, detection, and treatment for its personnel.

UpRight POV: Brain health and balance are closely linked physiologically. Institutional investment like this points to a widening market for objective functional screening, adjacent to our core focus.