

October 1 RoundUp — Ortho Surgeon's No. 1 Balance Rec, The Polypharmacy Effect on Falls & More



UpRight Science Weekly News RoundUp · September 24–October 1, 2026

New Research & Data

[More Than 3 in 5 Older Adults Experienced Complications After a Fall, Study Finds](#)

McKnight's Long-Term Care News · September 30, 2026

A new study found that most older adults who fell went on to have complications. The researchers recommend adding medication reviews that target fall-risk-increasing drugs (FRIDs) to fall-prevention programs for the oldest adults, with a particular focus on benzodiazepines.

UpRight POV: Medication changes can shift a person's balance quickly. An objective balance baseline gives clinicians a way to see whether a prescription change made someone steadier or less steady, instead of waiting for a fall to find out.

Maintaining Your Balance: Health Tips & News

[An Orthopedic Surgeon's No. 1 Test of Balance and Mobility for Healthy Aging](#)

TODAY · September 30, 2026

An orthopedic surgeon recommends the Y-balance test as a simple, equipment-free way to check fall risk and lower-body mobility in older adults. The piece presents balance as something people can test at home and track over time.

UpRight POV: We always love to see mainstream outlets treating balance as something you test—not just something you notice once it is gone (plus, we're fans of Dr. Jocelyn Wittstein!). The next step is turning a one-off check into a consistent, objective score that people and their clinicians can follow over time.

[4 Balance Exercises That Can Help Prevent Falls After 65, According to Physical Therapists](#)

EatingWell · September 25, 2026

Physical therapists share four moves, including sit-to-stands, side-steps and single-leg deadlifts, that build the strength, stability and confidence that help older adults avoid falls. All of the exercises can be done at home with little or no equipment.

UpRight POV: Simple, consistent exercise is one of the best tools for staying steady. A regular balance score helps people see their progress and stick with the routine.

[Health in Motion: Falls Prevention Goes Digital to Reach More Older Adults](#)

National Council on Aging (NCOA) · September 25, 2026

NCOA describes a digital fall-prevention model that combines fall-risk assessment with exercise, education and tools that let participants track their progress. The goal is to reach older adults who cannot get to in-person programs.

UpRight POV: Digital programs grow fastest when they rest on solid measurement. Validated balance assessment is the piece that turns “tracking progress” into data a clinician can trust.

[Taking Multiple Medications? Here’s How to Reduce Fall Risk](#)

Forbes Health · September 29, 2026

Drawing on national data, Forbes Health explains how taking several prescriptions at once raises the risk of adverse events, including falls that can be fatal. The piece offers practical steps for lowering medication-related fall risk.

UpRight POV: Polypharmacy is one of the most common hidden causes of falls. Checking balance before and after a medication change gives patients and prescribers something concrete to discuss.

[Also In the News](#)

[Smart Ring Maker Oura Postpones IPO Due to Market Uncertainty](#)

CNBC · September 29, 2026

Oura, maker of the popular health-tracking smart ring, has postponed its planned IPO, citing market uncertainty.

UpRight POV: Consumers clearly want health metrics they can wear and track.

[State Variation in Smart Device Eligibility for Aging-in-Place Services](#)

Clinical Interventions in Aging (Dove Press) · October 1, 2026

A peer-reviewed study found wide state-by-state differences in whether Medicaid 1915(c) waivers cover smart devices that help older adults age in place.

UpRight POV: Coverage decides who gets access. Clearer reimbursement for validated fall-risk assessment technology could help more older adults stay safely at home.