

## Commentary on “Parent Risk Perceptions, Physical Literacy, and Fundamental Movement Skills in Children With Juvenile Idiopathic Arthritis”

### “How could I apply this information?”

Children with juvenile idiopathic arthritis (JIA) are encouraged to meet the recommended 60 minutes of daily moderate to vigorous physical activity (MVPA). However, only 38% of the children with JIA meet these recommendations compared with 60% of children without JIA.<sup>1</sup> Pediatric physical therapists (PPTs) play an important role in stimulating MVPA in children with JIA. While PPTs often focus on stimulating children’s motor skills to enhance MVPA, this study invites them to get a broader insight into determinants of MVPA by including physical literacy (PL) and physical activity–related risk perceptions of the parents. In doing so, more specific and personalized advice can be given to enhance MVPA in children with JIA. The significant association between physical activity–related risk perceptions and parents’ PL implies that PPTs should clarify misconceptions parents may have about the safety of MVPA for their child with JIA.

### “What should I be mindful about when applying this information?”

This study used a total PL score for analyses, while PL consists of multiple domains. Moreover, PL is defined as the physical competence, motivation, confidence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.<sup>2</sup> By using a total PL score, information about specific PL domains is lost and differences between PL domains cancel each other, which might explain the nonsignificant association between PL and MVPA in this study. Future studies should investigate associations between PL domains and MVPA in children with a chronic disease (eg, JIA). PPTs can modify their intervention to enhance MVPA based on the PL domains children experience problems in and provide specific advice to parents. In addition, studies should focus on children’s physical activity–related risk perceptions, because children with JIA might be overly cautious in participating in MVPA.

### REFERENCES

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