

MANUAL MUSCLE TESTING PROCEDURES

Key to Muscle Grading

	Function of the Muscle	Grade		
No Movement	No contractions felt in the muscle	0	0	Zero
	Tendon becomes prominent or feeble contraction felt in the muscle, but no visible movement of the part	T	1	Trace
Test Movement	MOVEMENT IN HORIZONTAL PLANE			
	Moves through partial range of motion	1	2-	Poor-
	Moves through complete range of motion	2	2	Poor
	ANTIGRAVITY POSITION	3	2+	
	Moves through partial range of motion			
Test Position	Gradual release from test position	4	3-	Fair-
	Holds test position (no added pressure)	5	3	Fair
	Holds test position against slight pressure	6	3+	Fair+
	Holds test position against slight to moderate pressure	7	4-	Good-
	Holds test position against moderate pressure	8	4	Good
	Holds test position against moderate to strong pressure	9	4+	Good+
	Holds test position against strong pressure	10	5	Normal

How To Do Manual Muscle Testing

Terry C. Jones



How To Do Manual Muscle Testing:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **How To Do Manual Muscle Testing** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

https://staging.conocer.cide.edu/results/uploaded-files/default.aspx/Jewish_Life_In_Art.pdf

Table of Contents How To Do Manual Muscle Testing

1. Understanding the eBook How To Do Manual Muscle Testing
 - The Rise of Digital Reading How To Do Manual Muscle Testing
 - Advantages of eBooks Over Traditional Books
2. Identifying How To Do Manual Muscle Testing
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an How To Do Manual Muscle Testing
 - User-Friendly Interface
4. Exploring eBook Recommendations from How To Do Manual Muscle Testing
 - Personalized Recommendations
 - How To Do Manual Muscle Testing User Reviews and Ratings
 - How To Do Manual Muscle Testing and Bestseller Lists
5. Accessing How To Do Manual Muscle Testing Free and Paid eBooks
 - How To Do Manual Muscle Testing Public Domain eBooks
 - How To Do Manual Muscle Testing eBook Subscription Services
 - How To Do Manual Muscle Testing Budget-Friendly Options
6. Navigating How To Do Manual Muscle Testing eBook Formats

- ePub, PDF, MOBI, and More
- How To Do Manual Muscle Testing Compatibility with Devices
- How To Do Manual Muscle Testing Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of How To Do Manual Muscle Testing
 - Highlighting and Note-Taking How To Do Manual Muscle Testing
 - Interactive Elements How To Do Manual Muscle Testing
- 8. Staying Engaged with How To Do Manual Muscle Testing
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers How To Do Manual Muscle Testing
- 9. Balancing eBooks and Physical Books How To Do Manual Muscle Testing
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection How To Do Manual Muscle Testing
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine How To Do Manual Muscle Testing
 - Setting Reading Goals How To Do Manual Muscle Testing
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of How To Do Manual Muscle Testing
 - Fact-Checking eBook Content of How To Do Manual Muscle Testing
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

How To Do Manual Muscle Testing Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading How To Do Manual Muscle Testing free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading How To Do Manual Muscle Testing free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading How To Do Manual Muscle Testing free PDF files is convenient, its important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but its essential to be cautious and verify the authenticity of the source before downloading How To Do Manual Muscle Testing. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether its classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users

should always be cautious and verify the legality of the source before downloading How To Do Manual Muscle Testing any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About How To Do Manual Muscle Testing Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. How To Do Manual Muscle Testing is one of the best book in our library for free trial. We provide copy of How To Do Manual Muscle Testing in digital format, so the resources that you find are reliable. There are also many Ebooks of related with How To Do Manual Muscle Testing. Where to download How To Do Manual Muscle Testing online for free? Are you looking for How To Do Manual Muscle Testing PDF? This is definitely going to save you time and cash in something you should think about.

Find How To Do Manual Muscle Testing :

[jewish life in art](#)

[jesus of nazareth illustrated with painting from the national gallery in washington](#)

[jewish manual](#)

[jewel the unicorn](#)

[jesus in the power of the spirit](#)

[**jesus our brother in suffering**](#)

[jeux du canada games 1967 to 1992 the official retrospective of the canada games](#)

[**jesus lord of time and space**](#)

[**jewish history and thought**](#)

[jimbo and the jetset vol 2](#)

[jesus for our time a lenten study for adults](#)

[jewelry gem cutting and metalcraft](#)

[jesus the pharisee](#)

[jim davis](#)

[jewelry manufacture & repair](#)

How To Do Manual Muscle Testing :

[el antropologo inocente nigel barley casa del libro](#) - Mar 03 2022

web en esta crónica del primer año que pasó en África nigel barley tras sobrevivir al aburrimiento y a desastres enfermedades y hostilidad de varias nos ofrece una introducción decididamente irreverente a la vida de un antropólogo social

[el antropólogo inocente resumen studylib es](#) - Nov 11 2022

web el antropólogo inocente me cuenta todos y todas las técnicas de investigación social 1 el antropólogo inocente el antropólogo inocente es un libro sencillo de leer y para tratarse de un libro de investigación antropológica también resulta ser un libro entretenido

[el antropólogo inocente crónicas nº 18 ebook amazon es](#) - Jun 18 2023

web el antropólogo inocente crónicas nº 18 ebook barley nigel maría José Rodellar Poyo Alberto Cardín Amazon es tienda kindle tienda kindle

el antropologo inocente notas desde una choza - Dec 12 2022

web el antropólogo inocente es un texto ciertamente insólito del que se dijo probablemente el libro más divertido que se ha publicado este año nigel barley hace con la antropología lo que Gerald Durrell hizo con la zoología David Hallway

[el antropólogo inocente barley nigel editorial anagrama](#) - Feb 14 2023

web jul 10 2019 en el antropólogo inocente nigel barley hace la crónica del primer año que pasó en África estudiando a los dwayos una ignota tribu del Camerún sin ningún tipo de condescendencia con brillantez alegría y un extraordinario sentido del humor se ríe de sí mismo sin parar para mí la señal definitiva de una gran inteligencia barley

[el antropólogo inocente barley nigel editorial anagrama](#) - Sep 21 2023

web apr 18 2006 el antropólogo inocente es un texto ciertamente insólito del que se dijo probablemente el libro más divertido que se ha publicado este año nigel barley hace con la antropología lo que Gerald Durrell hizo con la zoología David Hallway

[el antropologo inocente cronicas](#) - Jan 13 2023

web el día a día de un pueblo remoto nos habla de sus personajes con sus costumbres manías y creencias hasta convertirlos en nuestros vecinos el antropólogo inocente es un libro redondo perfecto y único envidio un poco a todos los que todavía no lo han leído milena busquets ilustración miguel brevia el sueño zapatista marcos

el antropólogo inocente resumen ensayos gratis - Apr 04 2022

web el antropologo inocente resumen enviado por ani facundo23 8 de abril de 2014 2 897 palabras 12 páginas 4 168 visitas página 1 de 12 el antropólogo inocente el antropólogo inocente es un libro que nos relata la aventura de nigel barley en su viaje a la tribu de los dowayos e s un libro mucho más interesante que muchas de

antropólogo inocente used abebooks - Mar 15 2023

web el antropólogo inocente 18 crónicas by nigel barley alberto cardín maría josé rodellar and a great selection of related books art and collectibles available now at abebooks com

reseña de el antropólogo inocente de nigel barley - Oct 10 2022

web maría pía poblete 2000 la llegada de barley al mundo dowayo produce textos valiosos para entender las dificultades que reporta el intento de participar en una cultura desconocida este enfrentamiento a su objeto de estudio inspira una serie de reflexiones agudas e ingeniosas sobre la esencia de la tarea antropológica

descarga el antropólogo inocente crónicas nº 18 liibook - Jul 19 2023

web Éste libro se encuentra gratis en amazon el antropólogo inocente es un artículo precisamente insólito del que se ha dicho seguramente el libro mucho más entretenido que se ha anunciado este año nigel barley hace con la antropología lo que gerald durrell logró con la zoología david halloway

el antropólogo inocente notas desde una choza de barro - Aug 20 2023

web el antropólogo inocente notas desde una choza de barro notes from a mud hut 18 crónicas tapa blanda 18 abril 2006 de nigel barley autor alberto cardín colaborador maría josé rodellar traductor 4 1 232 valoraciones ver todos los formatos y ediciones

el antropologo inocente iberlibro - Aug 08 2022

web el antropólogo inocente 18 crónicas de nigel barley alberto cardín maría josé rodellar y una gran selección de libros arte y artículos de colección disponible en iberlibro com

resumen de el antropólogo inocente pdf antropología scribd - Feb 02 2022

web resumen de el antropólogo inocente abrir el menú de navegación cerrar sugerencias buscar buscar es change language cambiar idioma close menu idioma english 228 el antropologo inocente nigel barley pdf 228 el antropologo inocente nigel barley pdf artur oswaldo villamizar moreno 8 800 jm guia taller lengua

el antropÓlogo inocente nigel barley casa del libro - Sep 09 2022

web en el antropólogo inocente nigel barley hace la crónica del primer año que pasó en africa estudiando a los dowayos una ignota tribu del camerún

el antropólogo inocente notas desde una choza de barro - May 17 2023

web a medio camino entre la crónica de viaje y el diario etnográfico el antropólogo inocente es un relato irónico humorístico y crítico 4 que destacó entre las obras de su género por derribar gran parte de los mitos que con carácter dogmático han dominado a la disciplina antropológica 5

el antropólogo inocente crónicas nº 18 amazon com mx - Apr 16 2023

web el antropólogo inocente es un texto ciertamente insólito del que se dijo probablemente el libro más divertido que se ha publicado este año nigel barley hace con la antropología lo que gerald durrell hizo con la zoología david halloway

el antropólogo inocente nigel barley 5 en libros fnac - Jul 07 2022

web feb 24 2021 en el antropólogo inocente nigel barley hace la crónica del primer año que pasó en africa estudiando a los dowayos una ignota tribu del camerún sin ningún tipo de condescendencia con brillantez alegría y un extraordinario sentido del humor se ríe de sí mismo sin parar para mí la señal definitiva de una gran inteligencia barley

el antropólogo inocente spanish edition amazon com - Jun 06 2022

web el antropólogo inocente es un texto ciertamente insólito del que se dijo probablemente el libro más divertido que se ha publicado este año nigel barley hace con la antropología lo que gerald durrell hizo con la zoología david halloway

crítica y reseña de el antropólogo inocente niu de - May 05 2022

web el antropólogo inocente 10 de febrero de 2016 4 mona jacinta libros leí este libro gracias a la recomendación de ricardo bosque que es un hombre de mucho criterio que además escribe tiene un blog y no sé cuántas cosas más me lo

muhammad a prophet for our time google books - Aug 04 2022

web oct 17 2006 karen armstrong s immaculately researched new biography of muhammad will enable readers to understand the true origins and spirituality of a faith that is all too often misrepresented as cruel intolerant and inherently violent

muhammad a prophet for our time islamicity - Jun 14 2023

web dec 28 2014 the life of the prophet muhammad c 570 632 ce was as crucial to the unfolding islamic ideal as it is today his career revealed the inscrutable god s activity in the world and illustrated the perfect surrender in arabic the word for surrender is islam that every human being should make to the divine

muhammad prophet for our time karen armstrong google - Jul 03 2022

web oct 15 2009 muhammad prophet for our time from the bestselling writer of the history of god and the widely acclaimed islam a short history comes karen armstrong s muhammad muhammad was born in 570 c e and over the following sixty years

built a thriving spiritual community laying the foundations of a religion that changed the
[muhammad prophet for our time google books](#) - May 01 2022

web muhammad recognised and seeked to transform a period in 7th century arabia this book shows how the events that took place have huge lessons to teach us about the events of our time and how this man and his life can significantly help us to understand and face the numerous predicaments we face in our world

muhammad a prophet for our time eminent lives - Feb 27 2022

web oct 17 2006 praise for muhammad a prophet for our time eminent lives respectful knowledgeable and above all readable it succeeds because armstrong brings muhammad to life as a fully rounded human being

[muhammad a prophet for our time amazon com tr](#) - Mar 31 2022

web muhammad a prophet for our time kağıt kapak 27 temmuz 2007 İngilizce baskı karen armstrong eser sahibi 5 yıldız üzerinden 4 7 367 değerlendirme

[muhammad a prophet for our time karen armstrong free](#) - Aug 16 2023

web apr 18 2017 muhammad a prophet for our time karen armstrong free download borrow and streaming internet archive

muhammad a prophet for our time by karen armstrong publication date 2006 topics

[muhammad a prophet for our time amazon com](#) - Apr 12 2023

web aug 28 2007 muhammad a prophet for our time is a compelling and thought provoking biography that delves deep into the life of the prophet muhammad karen armstrong s meticulous research and engaging writing style make this book a worthwhile read for those seeking to understand the historical and spiritual significance of muhammad

muhammad a prophet for our time the new york times - Sep 05 2022

web dec 20 2006 in a nod to her subtitle a prophet for our time she argues that as of sept 11 2001 we have entered a new historical era that requires an equally thorough re evaluation

book review muhammad a prophet for our time the new york times - Jan 09 2023

web dec 21 2006 a prophet for our time by karen armstrong 249 pages 21 95 harpercollins atlas books reviewed by laurie goodstein the religion with the most adherents on the planet is christianity and

muhammad wikipedia - Jan 29 2022

web muhammad a arabic ﷺ c 570 8 june 632 ce b was an arab religious social and political leader and the founder of islam c according to islamic doctrine he was a prophet divinely inspired to preach and confirm the monotheistic teachings of adam abraham mooses jesus and other prophets

muhammad a prophet for our time goodreads - Jul 15 2023

web jan 1 2006 muhammad a prophet for our time karen armstrong 4 09 3 113 ratings352 reviews muhammad was born in

570 ce and over the following sixty years built a thriving spiritual community laying the foundations of a religion that changed the course of

muhammad prophet for our time karen armstrong fiyat - Oct 06 2022

web muhammad prophet for our time kitap açıklaması from the bestselling writer of the history of god and the widely acclaimed islam a short history comes karen armstrong s muhammad karen armstrong has become one of our most important and relevant commentators on religious world affairs today consistently providing a scholarly but

muhammad a prophet for our time google books - Nov 07 2022

web aug 13 2013 the man who inspired the world s fastest growing religion muhammad presents a fascinating portrait of the founder of a religion that continues to change the course of world history muhammad s story is more relevant than ever because it offers crucial insight into the true origins of an increasingly radicalized islam

muhammad a prophet for our time wikipedia - May 13 2023

web muhammad a prophet for our time is a short biography that shows how most muslims understand muhammad and their faith in the book armstrong depicts muhammad as both a mystic and a wise political and social reformer

muhammad a prophet for our time barnes noble - Jun 02 2022

web aug 28 2007 muhammad the prophet for our time moves back in time beyond deadly ideological wars to the life of a merchant who became one of the most important men in history to glimpse how the vast majority of the world s muslims understand their prophet and their faith karen armstrong s short biography is a good place to start the

muhammad a prophet for our time eminent lives amazon com - Feb 10 2023

web oct 17 2006 karen armstrong s immaculately researched new biography of muhammad will enable readers to understand the true origins and spirituality of a faith that is all too often misrepresented as cruel intolerant and inherently violent

pdf muhammad a prophet for our time researchgate - Mar 11 2023

web sep 13 2021 muhammad a prophet for our time authors kashif iqbal quaid i azam university abstract keren armstrong is a christian scholar she writes sympathetically towards religions to widen brotherhood

muhammad a prophet for our time eminent lives karen - Dec 28 2021

web muhammad a prophet for our time eminent lives karen armstrong amazon com tr Çerez tercihlerinizi seçin alışveriş deneyiminizi geliştirmek hizmetlerimizi sunmak müşterilerin hizmetlerimizi nasıl kullandığını anlayarak iyileştirmeler yapabilmek ve tanıtımları gösterebilmek için çerezler ve benzeri araçları

armstrong muhammad a prophet for our time npr - Dec 08 2022

web nov 28 2006 muhammad a prophet for our time by karen armstrong hardcover 249 pages purchase book excerpt

muhammad a prophet for our time flipboard

zulu lesson noah community tug do nlnetlabs nl - Dec 04 2021

web aug 27 2023 april 22nd 2018 noahs ark role play challenge cards other community members love noah s ark lesson plan ideas ks1 chameleon comic bill gates may

zulu lesson noah community catalogo corello com br - May 09 2022

web zulu lesson noah community downloaded from catalogo corello com br by guest arnav colton the weirdest people in the world frontiers media sa candid relatable

zulu lesson noah community festival raindance - Mar 19 2023

web to enjoy every book archives zulu lesson noah community that we will absolutely offer read the zulu lesson noah community join that we have the funding for here and

zulu lesson noah community banpaen - Nov 15 2022

web jun 8 2023 is zulu lesson noah community below learn zulu language learning software amp online language noah builds the ark lesson 5 bible point

zulu lesson noah community lia erc gov - May 21 2023

web community home trevor noah s lessons from home remind him how far he your worldwide south african community list of ebooks and manuels about kunjalo ke zulu

hz nuh 8 sınıf din kültürü ve ahlak bilgisi morpa kampüs - Apr 08 2022

web 8 sınıf din kültürü ve ahlak bilgisi dersi hz nuh konusunun Ödevi 8 sınıf din kültürü ve ahlak bilgisi

zulu lesson noah community iet donnu edu ua - Nov 03 2021

web noah zulu investments clerk back office national zulu lesson 1 wikibooks open books for an open world noah s ark role play challenge cards twinkl zulu 2013

zulu lesson noah community pdf copy features kualumni - Jul 23 2023

web zulu lesson noah community pdf introduction zulu lesson noah community pdf copy the sage handbook of intercultural competence darla k deardorff 2009 08 31

zulu lesson noah community trade - Feb 18 2023

web zulu lesson noah community teach me 2 offers zulu lessons in the convenience of your home fitting in with your schedule we have tutors country wide ready to teach

zulu lesson noah community lia erc gov ph - Apr 20 2023

web zulu lesson noah community about zulunation universal zulu nation music lessons in kwazulu natal community gumtree zulu 2013 imdb zulu lessons in

zulu lesson noah community uniport edu ng - Oct 14 2022

web jun 15 2023 zulu lesson noah community 2 11 downloaded from uniport edu ng on june 15 2023 by guest broad comparative framework engelke shows how their

zulu lesson noah community jetpack theaoi - Aug 12 2022

web download zulu 2 manual deu pdf lesson noah community pdf download zulu zulu members must learn the infinity lessons when and where was the

universal zulu nation universal zulu nation - Feb 06 2022

web the urantia book paper 53 the lucifer rebellion 53 0 1 601 1 lucifer was a brilliant primary lanonandek son of neba zulu noah facebook - Mar 07 2022

web zulu noah is on facebook join facebook to connect with zulu noah and others you may know facebook gives people the power to share and makes the world more open and

zulu lesson noah community old joniandfriends org - Jul 11 2022

web guides you could enjoy now is zulu lesson noah community below zulu lesson noah community downloaded from old joniandfriends org by guest jamarcus alijah

zulu lesson noah community rezidor developmentzone co - Dec 16 2022

web march 17th 2018 230 quotes from trevor noah women held the community together if you spoke zulu i was lucky to learn that lesson at such a young age noah s ark role

zulu lesson noah community bespoke cityam com - Oct 02 2021

web zulu lesson noah community zulu lesson noah community the universal zulu nation global darkness noah s ark role play challenge cards twinkl trevor noah

zulu lesson noah community trade - Jan 17 2023

web zulu lesson noah community use this fantastic resource to take the stress out of planning and inspire your noahs ark themed lessons other community members love

zulu lesson noah community autoconfig ablogtowatch com - Jun 22 2023

web zulu lesson noah community it s trevor noah born a crime basic bible interpretation one child one seed theatre record jackson rising slow violence and the

noah zul noahzul tiktok - Jan 05 2022

web noah zul noahzul on tiktok 65 6k followers watch the latest video from noah zul noahzul

zulu lesson noah community home rightster com - Sep 13 2022

web zulu lesson noah community the universal zulu nation global darkness april 29th 2018 zulu members must learn the

infinity lessons when and where

zulu lesson noah community pdf pdf support ortax - Aug 24 2023

web webzulu lesson noah community the universal zulu nation global darkness april 29th 2018 zulu members must learn the infinity lessons when and where

zulu lesson noah community iet donnu edu ua - Jun 10 2022

web april 28th 2018 xhosa lesson by nelson sebezela trevor noah s click singing by beyond zulu duration 2 10 beyond zulu productions 128 918 views zulu lessons with teach