OMI
OHIO MOVEMENT INITIATIVE

FitSpirit
FITNESS CLINIC

# YOUR MOVEMENT.
# YOUR HEALTH. YOUR FUTURE.

## Join the Ohio Movement Initiative

Personalized movement guidance made accessible for Ohioans of all ages and abilities.

**HEALING THROUGH MOVEMENT**

## More than a gym membership.

OMI meets you where you are and helps you move forward—one safe, achievable step at a time.

### OMI IS DESIGNED FOR REAL PEOPLE

- ✓ Beginners and people returning to exercise
- ✓ Individuals continuing movement after rehabilitation
- ✓ Older adults focused on strength and independence
- ✓ Anyone wanting better mobility, balance and confidence

Programs are adjusted to individual needs, abilities, limitations and goals.

## What your OMI journey can support

**1 MOVE BETTER**
Mobility • flexibility • posture

Build confidence in everyday movement.

**2 GROW STRONGER**
Strength • stability • endurance

Progress at an appropriate, sustainable pace.

**3 STAY SUPPORTED**
Education • guidance • accountability

Become part of a caring movement community.

### THE OMI PERSONALIZATION PROCESS

1. **Complete your health information**
   Tell us about your goals, history and considerations.
2. **Receive an assessment**
   Review movement, strength, posture, balance and mobility.
3. **Get a personalized protocol**
   Receive clear exercises, dosage, illustrations and progression.
4. **Track and adjust**
   Build consistency and adapt your plan as you progress.

### ONE YEAR OF OMI

**$120**

**PAID IN FULL • 365 DAYS**

**MONTHLY OPTION**

$10 enrollment
+ eleven monthly payments of $10

**AFFORDABLE • ACCESSIBLE • PERSONAL**

### SEE WHAT PERSONALIZED OMI GUIDANCE LOOKS LIKE

The attached John Doe QL & iliopsoas protocol shows how OMI combines education, movement phases, exercise illustrations, dosage, safety guidance and reassessment.

**TURN THE PAGE TO VIEW THE COMPLETE SAMPLE PROTOCOL**

## START YOUR OMI JOURNEY TODAY

Ask an OMI membership representative to help you enroll.

OMI provides fitness, movement and wellness education. It does not diagnose medical conditions or replace medical care or physical therapy.

# JOHN DOE – QL & ILIOPSOAS OMI PROTOCOL

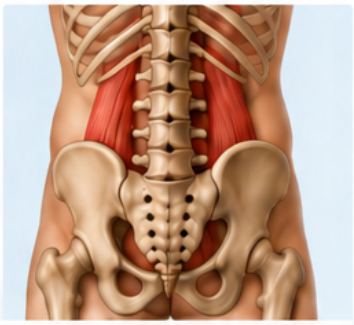
**Reduce Guarding • Restore Mobility • Activate & Stabilize • Return to Function**

FitSpirit FITNESS CLINIC | OMI MOVEMENT INITIATIVE — MOVE BETTER • LIVE STRONGER • HEAL TOGETHER

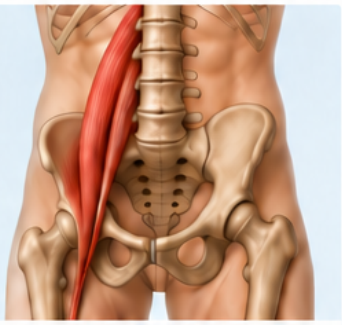
**"Healing Through Movement" – Coach Lawrence**

## UNDERSTANDING THE AREA

The quadratus lumborum (QL) and iliopsoas often become tight due to prolonged sitting, altered pelvic position, overuse, or compensation. This protocol calms the area first, then restores mobility, activates the right muscles and improves core/hip control.



**QUADRATUS LUMBORUM (QL)**
Stabilizes the spine and pelvis. Can become tight from prolonged sitting, side-bending or compensation.



**ILIOPSOAS**
Primary hip flexor. Helps lift the thigh and stabilize the pelvis. Can become tight from sitting, stress, or lack of hip extension.

## GUIDING GOALS

- Decrease pain and muscle guarding
- Improve hip extension and trunk side-bending
- Restore pelvic alignment and control
- Activate glutes and core
- Improve functional movement and walking

## FREQUENCY

Supervised OMI
**2–3x per week**
Home program on other days
Reassess in 1–2 weeks before progressing

## PHASE 1 – CALM THE AREA (10–20 MIN)

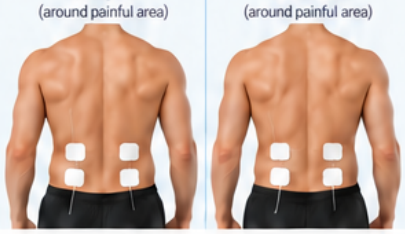
### 1 TENS FOR PAIN MODULATION (20–30 MIN)

Frequency: 80–100 Hz | **Pulse Width:** 80–120 µs
Mode: Conventional (sensory) | **Intensity:** Strong but comfortable tingling
Goal: Reduce pain/guarding. Do not produce muscle contraction.

**QL / LOWER BACK PLACEMENT OPTIONS**
(Choose one option)

**OPTION A**
**Paraspinal**
(around painful area)

**OPTION B**
**QL Belt Line**
(around painful area)



**DO NOT PLACE OVER ANTERIOR ABDOMEN / GROIN FOR ILIOPSOAS**



- **Clean skin.** Remove oils/lotions. Shave if needed.
- Place pads 2–3 inches apart around the painful/tight region.
- Avoid broken skin, impaired sensation, or areas of infection.
- Do not place over front/side of neck or across the chest.
- **If you have a pacemaker/ICD or implanted device, do NOT** use TENS without clearance from your physician/device team.

### 2 DIAPHRAGMATIC BREATHING – 90/90 POSITION (3–5 MIN)

- Lie on back with lower legs supported on a bench/chair.
- Knees and hips ~90°. Hands on lower ribs/abdomen.
- Inhale through nose – expand lower rib cage.
- Exhale through mouth – feel ribs drop and abdomen soften.
- 6–10 slow breaths.




## PHASE 2 – MOBILITY (10–15 MIN)

### 1 SUPPORTED HALF-KNEELING HIP FLEXOR STRETCH

**STEP 1**
Kneel with back knee on pad. Tuck pelvis (posterior tilt). Squeeze glute.



**STEP 2**
Shift forward gently until mild stretch is felt in front of hip. Keep ribs down.



**DOSAGE**
Hold 20–30 sec x 2 each side

Mild stretch only. No sharp pain in groin or low back.

### 2 QL / LAT SIDE-BODY STRETCH (SUPPORTED)





**DOSAGE**
Hold 20–30 sec x 2 each side

### 3 SUPINE PELVIC TILTS



Start: neutral spine, knees bent.



Tilt pelvis back (flatten low back), then return to neutral.

**8–12 controlled reps**

## PHASE 3 – CORRECTIVE ACTIVATION (15–20 MIN)

### 1 GLUTE BRIDGE



Start: back on floor, knees bent, feet hip-width.



Lift hips by squeezing glutes. Keep core engaged. Avoid arching low back.

**2 sets 8–12 reps 2 sec hold at top**

### 2 SUPINE HEEL SLIDE



Start: knees bent, pelvis neutral.



Slide one heel out, keeping pelvis stable, then return. Alternate sides.

**2 sets 6–10 reps each side**

### 3 BIRD-DOG (PROPER FORM)



Start: hands under shoulders, knees under hips. Neutral spine.



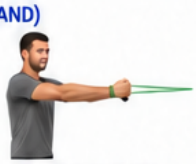
Extend opposite arm and leg (keep hips level, back flat, neck in line). Hold 2–3 sec, then return. Alternate sides.

**2 sets 5–8 reps each side**

### 4 PALLOF PRESS (LIGHT BAND)



Stand sideways to anchor. Hold band at chest.



Press arms straight out. Resist rotation. Keep core tight.

**2 sets 8–10 reps each side**

## PHASE 4 – FUNCTIONAL INTEGRATION



**COMFORTABLE WALKING 5–10 MINUTES**

- ✓ Upright posture
- ✓ Relaxed breathing
- ✓ Natural arm swing
- ✓ Symmetrical stride
- ✓ Pain 0–3/10

**REASSESS AFTER SESSION**

- ✓ Pain level (0–10)
- ✓ Hip extension
- ✓ Trunk side-bending
- ✓ Pelvic position
- ✓ Gait quality



## GENERAL NOTES

- Hydrate well. Use heat before if it feels good (10–15 min). Gentle ice after if sore (10–15 min).
- Move often during the day. Avoid prolonged sitting. Listen to your body.
- Stop any exercise that causes sharp pain, radiating symptoms, numbness, or weakness.

## KEY POINTS

- Move with control, not intensity. Look for improvement during or after movement.
- Consistency over intensity produces lasting change.

*Stronger Movement Brighter Days*
*– Coach Lawrence*