On every hard drive partition mounted on the computer go to the OMFI MediaFiles folder.

Find 2 files called msmFMID and msmMMOB select these 2 files and delete them from all storage partitions.

Make sure to empty the recycle bin after deleting so they are really deleted.

Then launch AVID and the databases will be rebuilt and the media should be online.

Do the same thing with the AVID MediaFiles folder

On every hard drive partition mounted on the computer go to the Avid MediaFiles folder > MXF > 1 folder.

Find 2 files called msmFMID and msmMMOB select these 2 files and delete them from all storage partitions.

Make sure to empty the recycle bin after deleting so they are really deleted.

Then launch AVID and the databases will be rebuilt and the media should be online.