

ReidemeisterThree@k gives all the knots that can be obtained by applying one third Reidemeister move to the knot k, which is given in modified DT form.

ReidemeisterThree@k_MDT :=

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ReidemeisterThree@k = Block[ {b, f, n = Length@k,
  p = List@@Build@k // (#^T ∪ (Abs@Reverse@# Sign@#)^T)^T[[2]] &,
  v, y = {}},
b = Abs@p // #[[Mod[#[[1]] + {1, -1}, 2 n, 1]]] &;
Do[f = Mod[Abs@p[[i]] + {1, -1}, 2 n, 1]
  // If[OddQ@i, Abs@p[[#]], #] &;
Do[If[{c, i - 1, i}
  // Total[Sign@p[[#]]]^2 == 1 && MemberQ[(Abs@p[[#]] ∪ #)[[2 ;; 3]], i] &,
v = p[[{Abs@p[[c]], Abs@p[[i - Mod[i, 2]]], i - Mod[i + 1, 2]]}]]/2;
If[DuplicateFreeQ@v,
  AppendTo[y, k /.
    (v[[#1]] → -Abs@v[[#2]] Sign@v[[#3]] &@@@
      {{1, 2, 3}, {2, 3, 1}, {3, 1, 2}})]],
{c, b ∩ f}];
b = f, {i, 2, 2 n}];
KnotSort[Minimal /@ y ∪ {}]]];
```