

JonesPolynomial@k_MD :=

JonesPolynomial@k = $\left(-q^{3/4}\right)^{\text{Writhe@k}}$ Expand[Times @@ ToPD@k /. Xa_,b_,c_,d_ \Rightarrow
Strand[a,b] Strand[c,d] $q^{-1/4}$ + Strand[a,d] Strand[b,c] $q^{1/4}$] /
Strand[0,0] // Apart // {#, # /. q \rightarrow q^{-1} } & // Sort][[1];