```
JonesPolynomial@k_MD := JonesPolynomial@k =
    ((-q^(3/4))^Writhe@k Expand[Times @@ ToPD@k /.
            X_{a_,b_,c_,d_} :>
                Strand[a, b] Strand[c, d] q^(-1/4)
                  + Strand[a, d] Strand[b, c] q^(1/4)]
        / Strand[0, 0]
      // Apart
      // {#, # /. q -> q^(-1)} &
    // Sort)[[1]];
```