```
Writhe@k gives the writhe, the difference between the number of right-handed
   and left–handed crossings, of the knot k, which is given in modified DT form.
Writhe@k MDT := Writhe@k =
```

/@ List@@@ List@@ ToPD@k];

Total[If[#[3]] == Mod[#[5]] + 1, 2 Length@k, 1], 1, -1] &