

JACK EDWARD JENSEN, M.D. FACSM

OFFICE ADDRESS: Athletic Orthopedic's and Knee Center
AOK Medical Plaza
9180 Katy Freeway
Suite 200
Houston, Texas 77055
713-984-1400

WEB SITE: www.aokc.net

EMAIL ADDRESS: jackjensen@aokc.net

DATE OF BIRTH: February 9, 1951

PLACE OF BIRTH: Manhattan, Kansas

MARITAL STATUS: Married:
Allison J. Jensen, MS, RD; PHD
July 1977

Children:
Kristin Jensen Kaminsky J.D.
University of Texas, University of Houston
Justin Michael Jensen, MBA
University of Texas, M.I.T.

BOARD CERTIFIED: American Board of Orthopedic Surgery
July 27, 1984

CURRENT HOSPITAL / OUTPATIENT SURGERY PRIVILEGES AFFILIATIONS:

ACTIVE STAFF:

- Memorial City Medical Center
- Special Surgery of Houston

CURRENT BUSINESS AFFILIATIONS:

- Athletic Orthopedic and Knee Center, www.aokc.net
- Special Surgery of Houston, www.specialsurgeryofhouston.com
- ER 24/7 Plus, www.er247plus.com
- Managed Digital Documents, www.mddocuments.com
- Deer Dancer Ranch, www.deardancerranch.com

CURRENT APPOINTMENTS AND AFFILIATIONS:

- Athletic Orthopedics and Knee Center-Founder and Director
- Fellow American College of Sports Medicine
- American Academy of Sports Physicians-Certification
- Fellow American Academy Sports Physicians U.S.
- USA Swimming Sports Medicine and Science Network USA Consultant
- USA Gymnastics Referral Physician
- Karolyi Gymnastics Consultant
- Houston Professional Tennis
- Team Physician for Numerous Local High Schools
- U.S. Clay Courts Championships Medical Director / Head Team Physician

PAST APPOINTMENTS AND AFFILIATIONS:

- Team Physician, University of Missouri, Columbia, Missouri
- Team Physician Houston Wranglers-Professional Tennis
- Columbia Regional Hospital, Columbia, Missouri
- Texas Ambulatory Surgery Center Society-President
- Boone Hospital Center, Columbia, Missouri
- Clinical Assistant, Department of Surgery, School of Medicine, University of Missouri, Columbia, Missouri
- Student Health Services, University of Missouri, Columbia, Missouri
- Clinical Instructor, Baylor College of Medicine, Houston, Texas
- Past Medical Director, Sports Medicine and Performance Institute,
 - HCA Medical Center Hospital
- Clinical Instructor
 - Department of Orthopedic Surgery
 - University of Texas Medical School
- Associate Editor
 - Medicine and Science in Sports and Exercise
 - The American College of Sports Medicine Journal
- Clinical Board Member
 - American College of Sports Medicine
 - Texas Chapter, January 1992 – December 1995
- Team Physician Goodwill Games – USA Olympic Committee
 - Seattle 1992
 - New York 1998
- USA Basketball Final Four
 - San Antonio 2004
- Gymnastic World Championships – Indianapolis / Seattle
- Native American Chamber of Commerce-President
- Texas Branch, North American Deer Farmers-President
- Board of Directors, Washburn University Alumni

- Texas Ambulatory Surgical Center Society-President
- Native American Business Network-Founder
- Medical Director, Davis Cup Tennis
- Medical Director, Masters Tennis Championship

EDUCATION:

HIGH SCHOOL: 1965 – 1969 - Holton High School, Holton, Kansas
 President of Senior Class
 National Honor Society
 All League – Football, Basketball, Track
 Record Holder – Basketball, Track

COLLEGE: 1969-1973 B.S. – Washburn University, Topeka, Kansas
 Varsity Letterman
 Student Council
 Phi Delta Theta
 Homecoming King

MEDICAL SCHOOL:

1973-1976 M.D. - University of Kansas Medical School, Kansas City, Kansas

1975- Elective Rotation – Harbor General Hospital, UCLA
 Affiliated Hospital, Torrance, California

HONORS: Honor Student – Anatomy
 Honor Student – Surgery

INTERNSHIP: 1976-1977 Herman Hospital, University of Texas,
 Houston, Texas

RESIDENCY:

1977-1978 Orthopaedic Surgery, Hermann Hospital/St. Joseph
 Hospital, Houston, Texas

1978-1979 Orthopaedic Surgery, Hermann Hospital/Veteran’s
 Administration Hospital/Ben Taub General Hospital
 Houston, Texas

1979-1980 Orthopaedic Surgery, Hermann Hospital/ MD
 Anderson Hospital and Tumor Institute/Shriner’s
 Crippled Childrens Hospital
 Houston, Texas

1980-1981 Orthopaedic Surgery, Hermann Hospital/
 St Joseph’s Hospital/Shriner’s Crippled Children’s
 Hospital, Houston, Texas

1980-1981 Chief Resident, Orthopaedic Surgery, Hermann Hospital/ St. Joseph's Hospital/Shriner's Crippled Children's Hospital, Houston, Texas

FELLOWSHIP: July 1981-January 1982

Orthopaedic Fracture Clinic of Eugene, Oregon
Adult Reconstructive Surgery, Knee Surgery, Sports Medicine. Sacred Heart Hospital, Eugene, Oregon. Drs. D. Slocum, J. Degge, R. Larson, S. James, D. Collis, K. Singer and D. Jones

MEMBERSHIP IN MEDICAL ORGANIZATIONS:

- American Academy of Sports Physicians
- American College of Sports Medicine
- American Medical Association
- American Orthopaedic Society for Sports Medicine
- Texas Medical Association
- Harris County Medical Society
- USA Olympic Committee Sports Medicine Society
- Texas Ambulatory Surgery Center Society

AWARDS:

- Vernon P. Thompson Award –1980- Western Orthopaedic Association
- Frank E. Stinchfield Award – 1981-The Hip Society of the American Academy of Orthopaedic Surgery
- Calcilion International and Non-theatrical Events- CINE Festival Winner, International New York Festival.
- Bronze Award 41st Annual Columbus International Film & Video Festival.
- Emerging (E10) Award-Houston Business Council

PRESENTATIONS:

- Radiology of Rheumatoid Arthritis, University of Texas, Houston, Texas
August 23, 1979
- Anteromedial and Anterolateral Rotary Instability of the Knee, University of Texas, Houston, Texas
September 13, 1979

- The Primary Evaluation of Bone Tumors, University of Texas, Houston, Texas January 31, 1980
- Acute Rupture of the Lateral Ankle Ligaments, Texas Orthopaedic Association, Houston, Texas May 17, 1980
- The Biomechanics of Running, Texas Medical Center Running Symposium, Houston, Texas October 11, 1980
- Nutritional Assessment of Orthopaedic Patients, The Western Orthopaedic Association, Honolulu, Hawaii October 18, 1980
- Nutritional Assessment of Patients Undergoing Total Hip Replacement Surgery, The Hip Society of American Academy of Orthopaedic Surgery, Las Vegas, Nevada February 25, 1981
- Nutrition in Orthopaedic Surgery, residents Meeting of the American Academy of Orthopaedic Association, Oklahoma City, Oklahoma April 2, 1981
- Injuries About the Knee in Children, Ninth Annual Shriner's Hospital for Crippled Children Meeting, Houston, Texas June 12, 1981
- Nutrition in Orthopaedic Surgery, American Orthopaedic Association, Colorado Springs, Colorado June 15, 1981
- Chronic Reconstruction of the Anterior Cruciate Ligament-A Computer Analysis of Clinical Results, The American Orthopaedic Society of Sports Medicine, Tan-Tar-A Resort Osage Beach, Missouri July 14, 1982
- Heat Illness, Physiology, Training and Common Sports Injuries, Missouri State High School Athletic Association, Columbia, Missouri August 7, 1982
- Sports Medicine and the Coach, Missouri State High School Athletic Association, Kirksville, Missouri November 14, 1982
- Ligamentous Injuries of the Knee Associated with Long Bone Fractures
- American Academy of Orthopaedic Surgeons Course on Trauma-Skeletal Fixation, Houston, Texas April 28, 1983
- Nutrition – Its Effect in Trauma, American Academy of Orthopaedic Surgeons Course on Trauma, Skeletal Fixation, Houston, Texas April 28, 1983
- A Clinical Comparison of Specific Intra-Articular Extra-Articular and Combined Procedures for the Chronic Anterior Cruciate Ligament Insufficient Knee. International Knee Society, Edinburg, Scotland, April 20, 1983

- Arthroscopic Surgery Rehabilitation, Mid-Central Orthopaedic Society, Hutchinson, Kansas, May 21, 1983
- Maximizing Fitness Without Injury, Columbia Regional Hospital Public Information Series, Columbia, Missouri, May 26, 1983
- Evaluation and Treatment of Knee Injuries, Missouri Athletic Trainers Association, Columbia, Missouri, July 9, 1983
- Transcutaneous Neural Stimulation (TNS), Dow Corning Wright Annual Meeting, Lake of the Ozarks, Missouri, July 18, 1983
- Use of Electric Modalities in Sport Medicine, Columbia Sports Medicine Seminar, Columbia, Missouri, December 3, 1984
- What's New in Sports Medicine, Missouri State High School Athletic Association Coaches Meeting, March 17, 1984
- Knee Problems, Columbia Regional Hospital, Columbia, Missouri, March 29, 1984
- Use of Transcutaneous Electrical Nerve Stimulation (TENS) in Arthroscopic Surgery Rehabilitation, American College of Sports Medicine, San Diego, California May 25, 1984
- Systematic Evaluation of Acute Knee Injuries, Mid-Central States Orthopaedic Society, Lake of the Ozark, Missouri June 3, 1984
- The Use of Transcutaneous Electrical Nerve Stimulation in Sports Medicine, American Academy of Sports Physicians, Eugene, Oregon July 23, 1984
- Sports Medicine – What is it? Merck, Sharp, and Dohme Lectures Series, Richmond, Missouri April 2, 1985
- Knee Ligament Instability and Major Fractures, American Orthopaedic Society for sports Medicine, Nashville, Tennessee July 3, 1985
- Current Concepts in the Management of Sports Related Injuries, Memorial Medical Center, Ludington, Michigan June 25, 1985
- Running Injuries, University of Texas School of Nursing, Houston, Texas October 24, 1985
- Arthroscopy and the Olympic Torch Run, Rice University, Houston, Texas November 19, 1985

- Rehabilitation of Running Injuries, The Elite Runner, A National Sports Medicine Symposium, Houston, Texas December 10, 1985
- Sports Medicine; What is it? Walter O. Moss Regional Hospital, Lake Charles, Louisiana December 19, 1985
- The Anterior Cruciate Ligament, University of Texas Medical School, Houston, Texas January 21, 1986
- Emergency management of the Trauma Patient, Department of Corrections, Huntsville, Texas June 1986
- External Marketing, The Doctor's Club, Houston, Texas
- June 12, 1986
- Emergency Management of the Trauma Patient, Brazosport Community Hospital. Lake Jackson, Texas September 9, 1986
- Review of the Management of Sports Related Injuries, Memorial Northwest Hospital, October 7, 1986
- Current Concepts in the Management of Sports Related Injuries, Windham Hotel, Greenspoint, Houston, Texas October 8, 1986
- Emergency Management and Complications in the Trauma Patient, The Cleveland Orthopaedic Club, Cleveland, Ohio January 3, 1987
- Trauma in the Athlete, The Cleveland Orthopaedic Club, Cleveland, Ohio January 3, 1987
- Acute Ankle and Foot Injuries, Colorado Academy of Physicians Assistants, February 2, 1987
- Ski Injury Prevention, Park Plaza Hospital, Houston, Texas February 11, 1987
- Knees From 8 to 80, Park Plaza Hospital, Houston, Texas February 11, 1987
- The Use of Arthroscopy in Sports Related Injuries, Morning Session and Current Concepts in the Management of Sports Related Injuries-Knee-Afternoon Session Family Practice Continuing Education Seminar, the University of Oklahoma and Tulsa Medical College, March 7, 1987

- Treating Sports Injuries (How to Get Back Into Action as Soon As Possible), Wellness Week, Herman Hospital, The University of Texas Health Science Center at Houston, Texas September 17, 1987
- Maximizing Performance, American Athletic Club, Houston, Texas
- October 19, 1987
- Train in a Way That Minimizes Injury, AMI Park Plaza Hospital, Houston, Texas November 5, 1987
- Maximizing Fitness, YMCA, Enron Building, Houston, Texas December 5, 1987
- The Knee as it Relates to the Foot, Harris county Podiatry Association, Inn on the Park, Houston, Texas February 16, 1988
- Exercise Benefits Prescription/Sports Related Injuries, BOMA Seminar, Westin Galleria, Houston, Texas May 17, 1988
- Diabetes and Exercise, Park Plaza Hospital, Diabetes Treatment Center, Houston, Texas January 5, 1988
- Ankle Injuries, Twelfth Annual Review, Course in Family Medicine, Baylor College of Medicine, Houston, Texas May 20, 1988
- Medical Aspects of the Houston Tenneco Marathon, Series Channel 2 News
- 1987-1988
- Fitness Nutrition/Injury Prevention, San Antonio, Texas County Medical Society
- July 26, 1988
- Exercise Injury and Treatment, American College of Sports Medicine Certification Course, Houston, Texas July 1988
- Aerobic Injuries/Houston Study, Teamwork 88, Hyatt Regency, Houston, Texas October 1988
- Exercise and Diet for the Physician, Beaumont Texas Medical Society, 1988
- Physiology of Exercise, Fitness Leader's Certification, Enron, Houston, Texas October 15, 1988
- Exercise Injury and Prevention, Exxon-Olefin Plant, Baytown, Texas 1988
- The Knee Joint, Greater Houston, Athletic Medicine Symposium, Marriott Greenspoint, Houston, Texas January 21, 1989

- Effective Training, Women's Hospital of Texas Medical Center Hospital, Houston, Texas February 16, 1989
- Maximizing Fitness Without Injury, Exxon Company USA, Wellness Series, February 23, 1989
- ACSM Exercise Leader/Aerobic Workshop, The Houstonian Club, Houstonian Hotel, Houston, Texas April 12, 13, 14, & 15, 1989
- The Knee and Incidence of Injury in Children and Adults, Action in '98 Health and Fitness Conference, Houston Marriott West Loop-by the Galleria, August 19, 1989
- Athletic Knee and Ankle Injuries for Orthopaedics Primary Care Physicians, St. Joseph Hospital, September 23, 1989
- Preventing Injuries, Wellness Week 1989, University of Texas Outdoor Recreation Center, October 4, 1989
- Fitness and Injury Prevention, Exxon Member Safety Meeting, November 28, 1989
- Fitness, Downstream Account Support Group, Exxon Company, Houston, Texas February 13, 1989
- Fitness and Exercise, Exxon Company USA, Houston, Texas March 6, 1989
- Athletic Injuries, Communications Meeting, Exxon Company USA, Houston, Texas April 10, 1989
- Preventing Back Injuries, IMSL Employees, Harris County Medical Society Speakers Bureau, Houston, Texas April 27, 1990
- From the Inside Out and Everything You Always Wanted to Ask the Orthopaedic Surgeon, But Were Afraid to Ask, Ther-Kinetics, Inc. Houston, Texas June 22, 1990
- Maximizing Fitness Without Injury, HCA Center for Health Excellence, Medical Surgical Conference, Houston, Texas February 6, 1991
- Maximizing Fitness Without Injury, The Texas Club Breakfast Club, Houston, Texas February 12, 1991
- Weekend Athlete, Exxon Company USA, Safety Meeting, Houston, Texas

- March 7, 1991
- Sports Injuries and Occupational Injuries -- Are They Really Different? Houston Area Association of Occupational Health Nurses, April 9, 1991
- The Foot Connection—Is there a Linkage? Houston Master Sports Association, May 5, 1991
- Weekend Athlete – Sports Safety, Marketing Department, Exxon Company USA, June 20, 1991
- Weekend Athlete – Sports Safety, Upstream Controllers, Exxon Company USA
- June 27, 1991
- Weekend Athlete – Sports Safety, Gas Accounting Department, Exxon Company USA July 11, 1991
- Advanced Topics in Exercise Physiology (Exercise in the Female Population) Texas Children’s Hospital, Graduate Class, James M. Pivarnik, PhD.
- October 30, 1991
- Weekend Athlete- Sports Safety –Production Accounting Group, Exxon Company USA, December 16, 1991
- Moderator: Panel Discussion, “Prevention & Treatment of sports Injuries in Youth” Texas Regional Chapter of the American College of Sports Medicine
- 1992 Annual Meeting, Austin, Texas February 1, 1992
- Podiatric Sports Medicine, American Academy of Podiatric Sports Medicine, Houstonian Hotel, Houston, Texas May 16, 1992
- Attitude and Healing, Spring Branch Community Center, May 22, 1992
- Medical and Orthopaedic Considerations in the Gymnast, Grand Rounds, University of Texas Medical School at Houston, Texas October 1, 1992
- The Back and Gymnast, Texas Back Institute, Houston, Texas February 5, 1993
- Exercise and Nutrition for the Mature Woman, Harris County Medical Society, Willow Wisp Country Club, Houston, Texas March 11, 1993
- Fitness Without Injury, Shoulder Injuries, Athletic Injuries to the Knee, Gymnastics Injuries, Kansas City Southwest Clinical Society Meeting, Copper Mountain, Colorado March 25, 1993

- Exercise and Nutrition, Coca Cola Employees, Houston, Texas May 19, 1993
- Maximizing Fitness While Minimizing Injury, Exxon Production Research Company, Houston, Texas October 28, 1993
- Running/Injury Prevention, Amoco Production Company, Houston, Texas November 2, 1993
- Injuries in Gymnasts, The Female in Athletics: Special Considerations, El Paso, Texas April 19, 1997
- Sports Injuries, TIRR, Houston, Texas April 2004
- ACL Injury Prevention, Houston, Texas October 2005
- Tennis Medicine, Westside Tennis Club U.S. Clay Courts April 2006
- Maintaining Successful Physician Investors Relationship over a long Period of Time, Chicago, IL, June 20, 2008
- Fitness and Nutrition, British Petroleum, Houston, Texas, September 14, 2009
- Orthopedics and Outpatient Surgery Setting, Texas Ambulatory Surgery Society, Houston, Texas, November 12, 2010
- Common Injuries in Tennis Players, Westside Tennis and Fitness Club, Houston, Texas, November 17, 2010
- Maximizing your Nutrition and Fitness Without Injury, Shell Oil Company, Houston, Texas, February 16, 2011
- Maximizing your Nutrition and Fitness Without Injury, El Paso Corporation, Houston, Texas, May 18, 2011

PUBLICATIONS:

- Jensen, J.E.: Nutritional Assessment of Orthopaedic Patients, Orthopaedic Transactions, 5(1): 75, 1981
- Jensen, J.E., Smith, T.K., Jensen, T.G., Dudrick, S.J., Johnston, D.A., Butler, J.E.: Nutritional Assessment of Patients Undergoing Total Hip Replacement. The Hip, 9:123-135, C*V. Mosby, 1981
- Jensen, J.E., Smith, T.K., Jensen, T.G., Dudrick, S.J.: Nutritional

- Assessment in Severely Injured Patients and Patients Undergoing Major Orthopaedic Surgery, 1981
- Jensen, J.E., Smith, T.K., Jensen, T.G., Dudrick, S.J., Johnston, D.A.:
- Nutrition in Orthopaedic Surgery, Orthopaedic Transactions, 5(3): 514, 1981
- Jensen, J.E., Smith, T.K., Jensen, T.G., Dudrick, S.J., Johnston, D.A.,
- Butler, J.E.: Nutrition in Orthopaedic Surgery, Orthopaedic Transactions, 5(3): 447, 1981
- Jensen, J.E., The Role of Nutrition in Orthopaedic Surgery, The Medical Journal of St. Joseph Hospital, Houston, Texas 12(1): 45-59, 1982
- Jensen, J.E., Jensen, T.G., Smith, T.D., Johnston, D.A., Dudrick, S.J.:
- Nutrition in Orthopaedic Surgery, Journal of Bone and Joint Surgery, 64A: 1263-1272, 1982
- Jensen, J.E., Slocum, D.B., Larson, R.L., James, S.L., Singer, K.M.:
- Reconstruction Procedures for Anterior Cruciate Ligament Insufficiency-A Computer Analysis of Clinical Results, American Journal of Sports Medicine,
- Volume 11, Number 4, 1983
- Jensen, J.E., Jensen, T.G., Smith, T.K., Dudrick, S.J. : Nutrition and Orthopaedic Surgery, Nutritional Support Services, Volume 4, Number 2, 1984
- Jensen, J.E., Slocum, D.B., Larson, R.L., James, S.L., Singer, K.M.:
- Reconstruction Procedures for Anterior Cruciate Ligament Insufficiency-A Computer Analysis of Clinical Results, Orthopaedic/Rheumatology Digest,
- September 1984
- Jensen, J.E., Conn, R.R., Hazelrigg, G., Hewett, J.E.: Systematic Evaluation of Acute Knee Injuries, Clinics in Sport Medicine, 4(2): 27-33, 1985
- Vogel, C.M., Jensen, J.E.: Effort Thrombosis of the Subclavian Vein in a Competitive Swimmer, American Journal of Sports Medicine, Volume 13, Number 4:269-272, 1985
- Jensen, J.E., Conn, R.R., Hazelrigg, G., Hewett, J.E.: The Use of Transcutaneous Neutral Stimulation and Isokinetic Testing in Arthroscopic Knee Surgery,
- American Journal of Sports Medicine, 13(1): 295-312, 1985
- Jensen, J.E., Russell, G.S., Conn, R.R., Downing, T.M., Wtheridge, G.L.,
- Hewett, J.E.: Transcutaneous Nerve Stimulation (TNS) in Postoperative Lumbar Surgery

- Jensen, J.E., Hansbrough, E.C., Allen, W.C., Smith, T.K.: Knee Ligament Injury and Major Fractures, American Journal of Sports Medicine
- Jensen, J.E., Etheridge, G.L.: Effectiveness of Transcutaneous Neural Stimulation in the Treatment of Pain: Recommendations for Use in the treatment of Sports Injuries, Sports Medicine, Volume 3, Number 2:79-88, 1986
- Jensen, J.E.: Knee Injuries, The Health Digest, July 26, 1992
- Jensen, J.E.: Problems and Prospects in Medical Board Certification, On Track, Texas Chapter of ACSM, Volume 10, Number 1 March 1993
- Jensen, J.E.: Stress Fracture in the World Class Athlete: a Case Study, Medicine & Science in Sports & Exercise, Volume 30, Number 6: 783-787, 1998
- Jensen, J.E.: Pros and Cons: Communicating with Patients on the Web: Web Site Lets Physicians Introduce their Services, Houston Business Journal, 50+, July 2000

BOOKS:

- Jensen, J.E., Spencer, L., Day, L.A.: *A Healthy 10! A Reference Guide for Gymnasts & Other Athletes*. November 1992
- Jensen, J.E., *Athletic Injuries of the Knee*. August 1993
- Jensen, J.E., *The One Stop Knee Shop*. 2007

VIDEO TAPE & MONOGRAPH

Jensen, Jack E., *Athletic Injuries to the Knee*