

Dr. Jack E. Jensen

Dr. Jack E. Jensen has always been part of the athletic world. Once he completed his athletic career in college he went on to medical school at Kansas University. He excelled in medical school then did his orthopedic training at the University of Texas where he won awards for his research. A fellowship in knees and Sportsmedicine was performed at the University of Oregon with some of the leading pioneers. Dr. Jensen is respected nation-wide with his great knowledge in orthopedics and sports medicine. He has worked with some amazing organizations such as the U.S. Olympics, The Houston Astros, Rockets, Oilers, Texans, Cirque du Soleil, professional Tennis players, Karolyi's gymnastics and much more. AOK Medical Center includes an orthopedic clinic, physical therapy, Houston Surgery Center, HMI imaging center and Houston's only (AOK) Urgent Orthocare. Besides all the work and advancements Dr. Jensen has even had time to write a few books, no wonder he is a great man of medicine!

SWOON: Dr. Jensen when did you know that orthopedics was your calling?

I have always been very athletic and actively involved in sports. It was when I was injured in college, coincidentally with my knee that I had to be treated by a sports medicine orthopedist. That gave me the spark and well...here I am today as an orthopedic surgeon!

SWOON: What would you say is your favorite orthopedic surgery and why?

My favorite orthopedic surgery is arthroscopic surgery. I prefer to take a minimally invasive approach. With continuing advances, we are getting our patients to return to play and work quicker and safer.

SWOON: I have heard that AOKC has done a lot to help with patient's pain management, can you explain about your pain management treatments?

I take my patient's pain seriously while at the same time trying to stay true to the non-operative approach and so often times our expert physical therapists are able to work with our patients to get them back to usual activities but additionally, I have been offering regenerative medicine in my practice and treatment options for the last few years and that has had great success with patient outcomes.

SWOON: Tell us a little about your nonprofit AOK Research Foundation?

Through the Foundation, we've done thousands of high school sports-participation physicals. We do them every year at a low cost that allows them to participate in sports but if a student can't afford it, they are never turned away. And sometimes,

the sports physicals pick up things that can be lifesaving, like heart defects. We also provide athletic trainers to schools and events whenever they need athletic coverage. I'm a volunteer physician for many different schools, so I accompany them to their basketball or football games and help the injured athletes on the sidelines. There are games just about every night, and we've done that for years. You're the doctor, it's a volunteer situation and you give your time to help them out. Through the foundation, I've also been able to publish two books titled "A Healthy 10!" and "The One Stop Knee Shop".

SWOON: I also have heard that you've been doing a lot of stem cell research, can you give us more details about this?

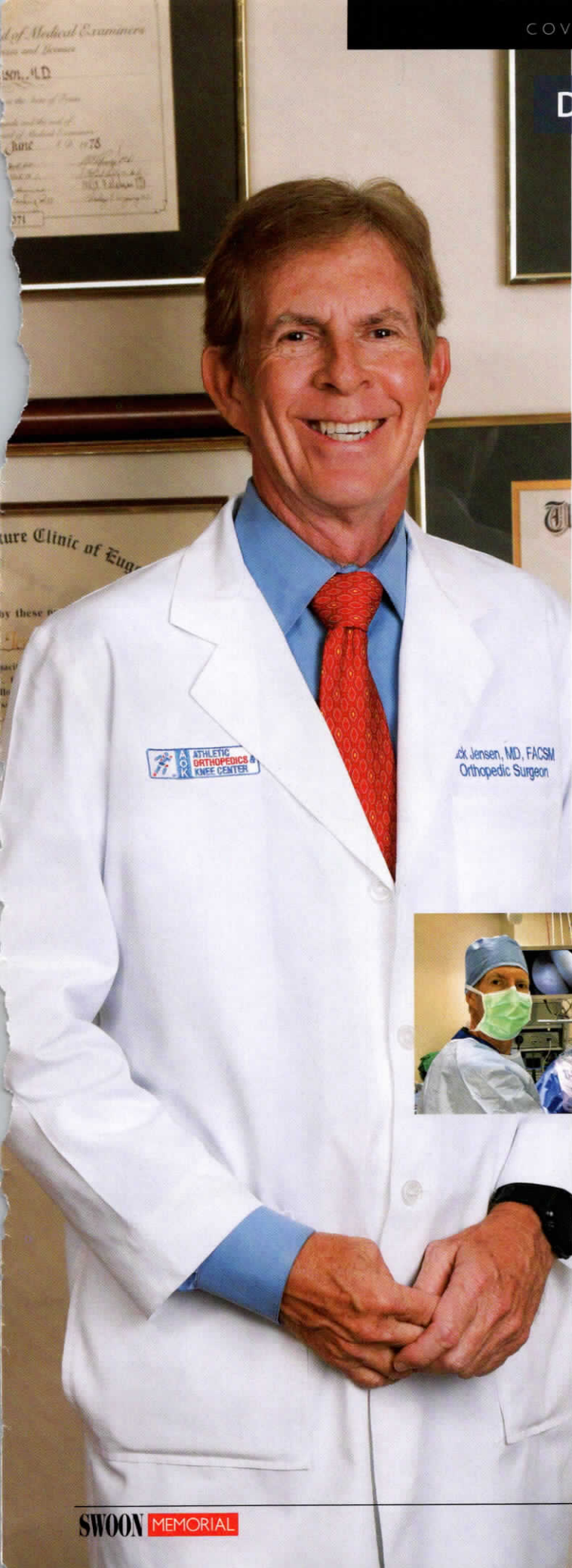
This is an exciting topic for me because I see all of the value it has for not only the athlete but every person from every walk of life. I am the Lead investigator on a research study evaluating the effects of stem cells in orthopedic surgery.

SWOON: Due to the studies you have done in stem cell, would you think this is the future for so many sports injuries/recovery?

Yes, absolutely. Allowing the body to do what is natural and to rebuild is ideal. Stem cells have a lot of promise in stimulating tissue to heal and thus lessen the chance of long term arthritis. They are also being used to enhance the healing in ligament and tendon injury. There are misleading claims about some products that are not really stem cells-the bottom line is stem-cells are a game-changer in the ortho world and we are first in line.

SWOON: Since living here in Memorial and raising your kids here, what would you say is something that keeps you here?

It is a true benefit to be able to practice and live within the same community. I get great joy by running into my patients at schools, the grocery store and even church.



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