

JACK EDWARD JENSEN, M.D. FACSM

OFFICE ADDRESS: Athletic Orthopedics and Knee Center
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Houston, Texas 77055
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WEB SITE: www.aokc.net

EMAIL ADDRESS: Jack.Jensen@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, University of Texas;
MBA at MIT

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

CURRENT HOSPITAL / OUTPATIENT SURGERY PRIVILEGES AFFILIATIONS:

ACTIVE STAFF:

- Memorial Hermann, Memorial City Hospital, Houston, Texas
- Houston Surgery Center, Houston, Texas
- West Houston Medical Center, Department of Surgery/Orthopedics, Houston, Texas,

CURRENT BUSINESS AFFILIATIONS:

- Athletic Orthopedics and Knee Center, www.aokc.net
- Houston Surgery Center, www.houstonsurgerycenter.net
- Managed Digital Documents, www.mddocuments.com
- Deer Dancer Ranch, www.deardancerranch.com

APPOINTMENTS AND AFFILIATIONS:

- Athletic Orthopedics and Knee Center-Founder and Director
- Fellow, American College of Sports Medicine
- Fellow, American Academy Sports Physicians U.S.
- USA Swimming Sports Medicine and Science Network USA Consultant
- USA Gymnastics Referral Physician
- Karolyi Gymnastics Consultant
- Team Physician for Numerous Local High Schools
- U.S. Clay Courts Championships Medical Director / Head Team Physician
- 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
- Native American Business Network-Founder
- Medical Director, Davis Cup Tennis
- Medical Director, Masters Tennis Championship
- Spring Branch Independent School District, Orthopedic Specialist

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 Hermann Hospital, University of Texas, Houston, Texas

RESIDENCY:
 1977-1978 Orthopedic Surgery, Hermann Hospital/ St. Joseph Hospital, Houston, Texas
 1978-1979 Orthopedic Surgery, Hermann Hospital/Veteran’s Administration Hospital/Ben Taub General Hospital Houston, Texas

1979-1980	Orthopedic Surgery, Hermann Hospital/ MD Anderson Hospital and Tumor Institute/Shriner's Crippled Children's Hospital Houston, Texas
1980-1981	Orthopedic Surgery, Hermann Hospital/ St Joseph's Hospital/Shriner's Crippled Children's Hospital, Houston, Texas
1980-1981	Chief Resident, Orthopedic Surgery, Hermann Hospital/ St. Joseph's Hospital/Shriner's Crippled Children's Hospital, Houston, Texas

FELLOWSHIP: July 1981-January 1982

Orthopedic 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 College of Sports Medicine
- American Medical Association
- American Orthopedic 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 Orthopedic Association
- Frank E. Stinchfield Award – 1981-The Hip Society of the American Academy of Orthopedic 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 Orthopedic Association, Houston, Texas, May 17, 1980
- The Biomechanics of Running, Texas Medical Center Running Symposium, Houston, Texas, October 11, 1980
- Nutritional Assessment of Orthopedic Patients, The Western Orthopedic Association, Honolulu, Hawaii, October 18, 1980
- Nutritional Assessment of Patients Undergoing Total Hip Replacement Surgery, The Hip Society of American Academy of Orthopedic Surgery, Las Vegas, Nevada, February 25, 1981
- Nutrition in Orthopedic Surgery, residents Meeting of the American Academy of Orthopedic 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 Orthopedic Surgery, American Orthopedic Association, Colorado Springs, Colorado, June 15, 1981
- Chronic Reconstruction of the Anterior Cruciate Ligament-A Computer Analysis of Clinical Results, The American Orthopedic 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 Orthopedic Surgeons Course on Trauma-Skeletal Fixation,
Houston, Texas, April 28, 1983
- Nutrition – Its Effect in Trauma, American Academy of Orthopedic 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 Orthopedic 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 Sates Orthopedic 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 Orthopedic 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 Orthopedic Club, Cleveland, Ohio, January 3, 1987

- Trauma in the Athlete, The Cleveland Orthopedic 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 Orthopedics 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 Orthopedic 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 Orthopedic 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, Illinois, 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
- The Biggest Challenges in ASCs, Becker's 15th Annual Spine, Orthopedic, and Pain Management-Driven ASC Conference: The Future of Spine, Chicago, Illinois, June 22, 2017
- What's Next in Sports Medicine? Becker's 15th Annual Spine, Orthopedic, and Pain Management-Driven ASC Conference: The Future of Spine, Chicago, Illinois, June 23, 2017
- Orthopedic Roundtable 1 – The Business and Operations of ASCs, Becker's 24th Annual ASC Meeting, Speaker, Chicago, Illinois, October 26, 2017
- 2017 Webinar Business Strategy and Goal Setting, December 13, 2017
- 18th Becker's Spine and Orthopedics Conference, Thoughts of What Makes Physician Leaders, June 14, 2018
- Orthopedic Roundtable 1 (Participant): The Business of Orthopedics, Becker's 25th Annual Meeting: Business and Operations of ASCs, Chicago, Illinois, October 18, 2018
- Subchondral Injections, Regenerative Medicine Symposium & Cadaveric Workshops, 3rd Annual MedRebels Cell Therapy Training Symposium, Austin, Texas, October 26, 2018
- HRC Maximizing Fitness & Minimizing Injury, Houston Racket Club, Houston, Texas, November 17, 2018

- What's Next in Sports Medicine? Becker's 17th Annual Future of the Spine +The Spine, Orthopedic and Pain Management-Driven ASC Conference, Chicago, Illinois, June 14, 2019
- Orthopedic Roundtable 2: The Business of Orthopedics, Becker's ASC Review, 26th Annual Meeting: The Business and Operations of ASCs, Chicago, Illinois, October 25, 2019

PUBLICATIONS:

- Jensen, J.E.: Nutritional Assessment of Orthopedic Patients, Orthopedic 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 Orthopedic Surgery, 1981
- Jensen, J.E., Smith, T.K., Jensen, T.G., Dudrick, S.J., Johnston, D.A.: Nutrition in Orthopedic Surgery, Orthopedic 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 Orthopedic Surgery, Orthopedic Transactions, 5(3): 447, 1981
- Jensen, J.E., The Role of Nutrition in Orthopedic 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 Orthopedic Surgery, Journal of Bone and Joint Surgery, 64A: 12631272, 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 Orthopedic 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, Orthopedic/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., Witheridge, 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