



YNOF & YODA PRESENTS PRECOURSE DAY

NOVEMBER 10th 2026
PARKEN COPENHAGEN

8.30-9.20 Registration

9.20-9.35 Welcome
Christina Frølich Frandsen
Chair for YNOF

9.35-10.10 Parallel sessions 1
Education
Growing education
Chair:
Setting up a residency
Chair:
Work-life balance
Chair: Christopher Iobst

10.10-10.20 Break

10.20-10.45 Parallel sessions 2
Clinical
Reconstruction - bone
Chair:
Stabilising the knee
Chair:
Remodeling in pediatric trauma
Chair: Christopher Iobst & Morten Jon Andersen

10.45-11.00 Coffee break

11.00-11.35 Parallel sessions 3
Clinical
Reconstruction - soft tissue
Chair:
Spines impact on the hip??
Chair:
Shoulder trauma
Chair:

11.35-11.45 Break

11.45-12.15 Parallel sessions 4
Research
Young researcher
Chair:
PhD – now what?
Chair:
Building a research group
Chair:

12.15-13.00 Lunch

13.00-17.00 Workshops
Traumatology – Humerus fractures
Pediatrics – Growth-plate injuries
Hand – Tendon repair
Foot – Multiligament injury
Infection – Fracture related infections
Arthroplasty – How to do a good THA
Sportstraumatology – Meniscus repair
Basic osteosynthesis
Damage control workshop will have a separate program

17.00-17.20 Break

17.20-18.00 Beer and nuts session
Doctor in elite sports
Speaker:

18.00-19.00 Founding General Assembly - YNOF
Christina Frølich Frandsen

19.30-? Informal party

