



YNOF & YODA PRESENTS PRECOURSE DAY

NOVEMBER 10th 2026

PARKEN COPENHAGEN

8.30-9.20

Registration

9.20-9.35

Welcome

Chair for YNOF

9.35-10.10

Parallel session 1

Education

- Growing education
- Setting up a residency
- Work-life balance

10.10-10.20 **Break**

10.20-10.45 **Parallel session 2**

Clinical

- Reconstruction - bone
- Stabilizing the knee
- Remodeling pediatric trauma

10.45-11.00 **Coffee break**

11.00-11.35 **Parallel session 3**

Clinical

- Reconstruction - soft tissue
- The spines impact on the hip
- Shoulder trauma

11.35-11.45 **Break**

11.45-12.15 **Parallel session 4**

Research

- Young researcher
- PhD – now what?
- Building a research group

12.15-13.00 **Lunch**

13.00-17.00 **Workshops**

Traumatology - Nailing

Pediatrics – Epiphysial fracture

Hand – Tendon repair

Foot – Multiligament injury

Infection – Osteosynthesis
related infections

Arthroplasty – How to do a good
THA

Sportstraumatology – Meniscus
repair

Basic osteosynthesis

*Damage control workshop will have
a full day separate program (8.30-
17.00)*

17.00-17.20 **Break**

17.20-18.00 **Beer and nuts session**

Doctor in elite sports

18.00-19.00 **Founding General
Assembly - YNOF**

19.30-23.00 **Dinner & Informal party**

