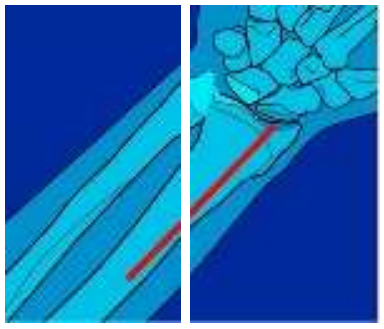
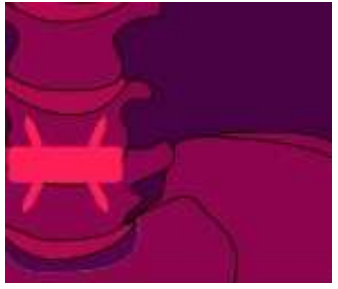
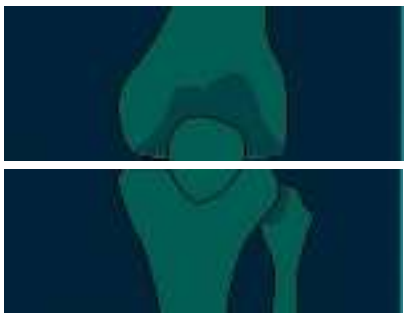
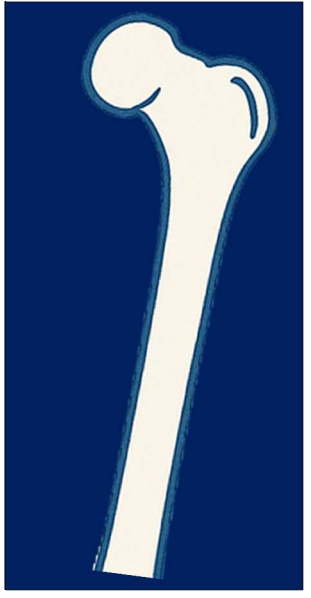

YNOF & YODA PRESENTS

PRECOURSE DAY

NOVEMBER 10th 2026

PARKEN COPENHAGEN

8.30-9.20 **Registration**

9.20-9.35 **Welcome**
Christina Frølich Frandsen

9.40-10.10 **Parallel sessions 1 Education**
Return from leave
Speaker: Marie Fridberg
The Future of Orthopaedic Training
Speaker: Amandus Gustafson
Work-life balance
Speaker: Christopher Iobst

10.10-10.20 **Break**

10.20-10.50 **Parallel sessions 2 Clinical**
Reconstruction - bone
Speaker: Jan Rölfing
Fast, Faster, Fastest Arthroplasy
Speaker: Jeroen van Egmond
Remodeling in pediatric trauma
Speaker: Christopher Iobst & Morten Jon Andersen

10.50-11.05 **Coffee break**

11.05-11.35 **Parallel sessions 3 Clinical**
Getting the hip right
Speaker:Paul-Atle Le Fevre Roy
Periacetabular Osteotomies
Speaker: Morten Bøgehøj
Shoulder trauma
Speaker*: Arvind von Keudell*

11.35-11.45 **Break**

11.45-12.15 **Parallel sessions 4 Research**
Young researcher
Speaker: Simon Storgaard & Chris Dreyer
PhD – now what?
Speaker: Tazio Maleitzke & Tanvir Bari
Building a research group
Speaker: Mats Bue

12.15-13.00 **Lunch**

13.00-17.00 **Workshops**
Traumatology – Humerus fractures
Pediatrics – Growth-plate injuries
Hand – Flexortendon 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: Morten Boesen

18.00-19.00 **Founding General Assembly - YNOF**
Christina Frølich Frandsen

19.30-? **Informal party**