

INTEGRA LIFESCIENCES HOLDINGS CORP

Form 4

December 17, 2008

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF
SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
30(h) of the Investment Company Act of 1940

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
HENNEMAN JOHN B III

2. Issuer Name **and** Ticker or Trading
Symbol
INTEGRA LIFESCIENCES
HOLDINGS CORP [IART]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)

311 C ENTERPRISE DRIVE

(Street)

PLAINSBORO, NJ 08536

(City) (State) (Zip)

3. Date of Earliest Transaction
(Month/Day/Year)
12/16/2008

4. If Amendment, Date Original
Filed(Month/Day/Year)

____ Director ____ 10% Owner
____X____ Officer (give title ____ Other (specify
below) below)
EVP, Finance & Admin & CFO

6. Individual or Joint/Group Filing(Check
Applicable Line)
____X____ Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common stock	12/16/2008		M ⁽⁴⁾	V Amount (A) or (D) Price 20,000 A \$ 18.63	52,078	D	
Common stock	12/16/2008		S ⁽⁴⁾	834 D 32.67 (2)	51,244	D	
Common Stock	12/16/2008		S ⁽⁴⁾	19,166 D 33.45 (3)	32,078	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

**Persons who respond to the collection of
information contained in this form are not**

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(9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)	8. Date Exercisable	9. Expiration Date	10. Title	11. Amount or Number of Shares
Incentive Stock Option (right to buy)	\$ 18.63	12/16/2008		M ⁽⁴⁾	834	⁽¹⁾ 02/24/2009	Common stock				834
Non-Qualified Stock Option (right to buy)	\$ 18.63	12/16/2008		M ⁽⁴⁾	19,166	⁽¹⁾ 02/24/2009	Common stock				19,166

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
HENNEMAN JOHN B III 311 C ENTERPRISE DRIVE PLAINSBORO, NJ 08536	EVP, Finance & Admin & CFO

Signatures

/s/ Kathryn Lamping,
Attorney-in-fact 12/17/2008

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) 25% of ths shares exercisable on the first anniversary of the grant date of 2/24/2003 with the remaining 75% vesting monthly thereafter over 36 months.

(2) The price shown above represents the weighted average price of the shares sold. The range of the sale prices was \$32.46 to \$33.23.

(3) The price shown above represents the weighted average price of the shares sold. The range of the sale prices was \$33.23 to \$33.75.

(4) The transactions reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan previously adopted by the reporting person.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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