

HENNEMAN JOHN B III
 Form 4
 January 10, 2006

FORM 4

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

OMB APPROVAL

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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

(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)

3. Date of Earliest Transaction (Month/Day/Year)
01/06/2006

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Exec VP, CAO, & Secretary

PLAINSBORO, NJ 08536

(City) (State) (Zip)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)
				(A) or (D)	Price		
Common Stock	01/06/2006		M	3,645	A \$ 6.5625	41,713	D
Common Stock	01/06/2006		S	100	D \$ 35.16	41,613	D
Common Stock	01/06/2006		S	100	D \$ 35.2	41,513	D
Common Stock	01/06/2006		S	100	D \$ 35.22	41,413	D
Common Stock	01/06/2006		S	100	D \$ 35.25	41,313	D

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Common Stock	01/06/2006	S	180	D	\$ 35.27	41,133	D
Common Stock	01/06/2006	S	323	D	\$ 35.28	40,810	D
Common Stock	01/06/2006	S	97	D	\$ 35.29	40,713	D
Common Stock	01/06/2006	S	100	D	\$ 35.31	40,613	D
Common Stock	01/06/2006	S	100	D	\$ 35.32	40,513	D
Common Stock	01/06/2006	S	800	D	\$ 35.34	39,713	D
Common Stock	01/06/2006	S	100	D	\$ 35.38	39,613	D
Common Stock	01/06/2006	S	400	D	\$ 35.45	39,213	D
Common Stock	01/06/2006	S	345	D	\$ 35.47	38,868	D
Common Stock	01/06/2006	S	700	D	\$ 35.5	38,168	D
Common Stock	01/06/2006	S	100	D	\$ 35.51	38,068	D
Common Stock	01/06/2006	M	1,355	A	\$ 6.5625	39,423	D

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

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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 Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of

									Shares
Non-Qualified Stock Option (right to buy)	\$ 6.5625	01/06/2006		M	3,645	(1)	01/17/2006	Common Stock	3,645
Incentive Stock Option (right to buy)	\$ 6.5625	01/06/2006		M	1,355	(1)	01/17/2006	Common Stock	1,355

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HENNEMAN JOHN B III 311 C ENTERPRISE DRIVE PLAINSBORO, NJ 08536			Exec VP, CAO, & Secretary	

Signatures

/s/ Jeffrey Hellman,
Attorney-in-Fact

01/10/2006

**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 the aggregate amount of non-qualified options and incentive options vested one year after the January 17, 2000 grant date, and the remaining 75% vested monthly thereafter over 36 months.

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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