

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

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

(City) (State) (Zip)

**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		
			Code	V	Amount		
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.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

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(9-02)

**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	3,64
Incentive Stock Option (right to buy)	\$ 6.5625	01/06/2006		M	1,355	(1)	01/17/2006	Common Stock	1,35

## 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, 01/10/2006  
Attorney-in-Fact

\*\*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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.