

HENNEMAN JOHN B III
 Form 4
 December 19, 2005

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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)
12/15/2005

____ 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)
			Code	V Amount (A) or (D) Price			
Common Stock	12/15/2005		M	18,417 A \$ 5.875	56,485	D	
Common Stock	12/15/2005		S	2,200 D \$ 35.12	54,285	D	
Common Stock	12/15/2005		S	300 D \$ 35.15	53,985	D	
Common Stock	12/15/2005		S	100 D \$ 35.16	53,885	D	
Common Stock	12/15/2005		S	2,286 D \$ 35.2	51,599	D	

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Common Stock	12/15/2005	S	2,599	D	\$ 35.21	49,000	D
Common Stock	12/15/2005	S	800	D	\$ 35.22	48,200	D
Common Stock	12/15/2005	S	1,700	D	\$ 35.23	46,500	D
Common Stock	12/15/2005	S	2,300	D	\$ 35.24	44,200	D
Common Stock	12/15/2005	S	2,788	D	\$ 35.25	41,412	D
Common Stock	12/15/2005	S	614	D	\$ 35.27	40,798	D
Common Stock	12/15/2005	S	400	D	\$ 35.28	40,398	D
Common Stock	12/15/2005	S	1	D	\$ 35.29	40,397	D
Common Stock	12/15/2005	S	1,112	D	\$ 35.3	39,285	D
Common Stock	12/15/2005	S	717	D	\$ 35.31	38,568	D
Common Stock	12/15/2005	S	500	D	\$ 35.32	38,068	D

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

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SEC 1474
(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 Security (Instr. 3 and 4)	Amount or Number of Shares
Non-Qualified Stock Option	\$ 5.875	12/15/2005		M	(A) 18,417	⁽¹⁾ 12/31/2005	Common Stock	18,417

(right to buy)

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

12/19/2005

**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 options vested one year after the December 31, 1999 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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