HENNEMAN JOHN B III
Form 4
November 17, 2008

FORM 4

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

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

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
OMB Number: 3235-0287
Expires: January 31, 2005
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(Print or Type Responses)

1. Name and Address of Reporting Person *
HENNEMAN JOHN B III
(Last) (First) (Middle)
311 C ENTERPRISE DRIVE
(Street)
PLAINSBORO, NJ 08536
(City) (State) (Zip)

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

3. Date of Earliest Transaction (Month/Day/Year)
11/14/2008

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

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)
_____ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify 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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/14/2008		M		16,202	A	$ 17.65	48,280	D	
Common Stock	11/14/2008		S		14,501	D	$ 33.43 (1)	33,779	D	
Common Stock	11/14/2008		S		1,701	D	$ 34.07 (2)	32,078	D	
Common stock	11/14/2008		M		3,854	A	$ 17.72	35,932	D	
	11/14/2008		S		3,854	D		32,078	D	

Common Stock						$ 32.82 (3)		
Common Stock	11/14/2008		M	1,000	A	$ 17.6	33,078	D
Common Stock	11/14/2008		S	525	D	$ 32.95	32,553	D
Common Stock	11/14/2008		S	225	D	$ 32.94	32,328	D
Common Stock	11/14/2008		S	250	D	$ 32.94	32,078	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
Incentive Stock Option (right to buy)	$ 17.6	11/14/2008		M			250	(4)	12/16/2008	Common Stock	25
Non-Qualified Stock Option (right to buy)	$ 17.6	11/14/2008		M			750	(4)	12/16/2008	Common Stock	75
Non-Qualified Stock Option (right to buy)	$ 17.65	11/14/2008		M			16,202	(5)	12/31/2008	Common Stock	16,2
Non-Qualified Stock Option (right to buy)	$ 17.72	11/14/2008		M			3,854	(6)	11/21/2008	Common Stock	3,8

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	11/17/2008
**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) The price shown above represents the weighted average price of the shares sold. The range of the sale price was $32.95 to $33.92.

(2) The price shown above represents the weighted average price of the shares sold. The range of the sale price was $33.98 to $34.16.

(3) The price shown above represents the weighted average price of the shares sold. The range of the sale price was $32.18 to $32.94.

(4) 25% of the options vested one year after the 12/16/2002 grant date, and the remaining 75% vested monthly thereafter over 36 months.

(5) 25% of the options vested one year after the 12/31/2002 grant date, and the remaining 75% vested monthly thereafter over 36 months.

(6) 1250 shares vest on 11/21/2003, 104 shares vest on 12/21/2003, 1250 vest monthly over the next anniversary from 12/21/2003 date and the remaining 1250 shares vest monthly over the next anniversary date from 12/21/2004 date.

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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