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

SCHEDULE 13D

Under the Securities Exchange Act of 1934 (Amendment No. 10)\*

INTEGRA LIFESCIENCES HOLDINGS CORPORATION (Name of Issuer)

Common Stock, Par Value \$.01 Per Share (Title of Class of Securities)

457985208 (CUSIP Number)

Stephen M. Vine, Esq.
Akin, Gump, Strauss, Hauer & Feld, L.L.P.
590 Madison Avenue
New York, New York 10022
(212) 872-1000

(Name, Address and Telephone Number of Person Authorized to Receive Notices and Communications)

> January 13, 2006 (Date of Event which Requires Filing of this Statement)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition that is the subject of this Schedule 13D, and is filing this schedule because of ss.ss.240.13d-1(e), 240.13d-1(f) or 240.13d-1(g), check the following box. [ ]

Note: Schedules filed in paper format shall include a signed original and five copies of the schedule, including all exhibits. See ss.240.13d-7 for other parties to whom copies are to be sent.

\*The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.

The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

Continued on following page(s)
Page 1 of 16 Pages

CUSIP No. 457985208

Page 2 of 16 Pages

1 Names of Reporting Persons I.R.S. Identification Nos. of above persons (entities only)

QUANTUM INDUSTRIAL PARTNERS LDC

2 Check the Appropriate Box If a Member of a Group (See Instructions)

a. [] b. [X]

- 3 SEC Use Only
- 4 Source of Funds (See Instructions)

Not Applicable

5 Check Box If Disclosure of Legal Proceedings Is Required Pursuant to Items 2(d) or 2(e)

[ ]

6 Citizenship or Place of Organization

# Cayman Islands

	er of cres	7	,		ting Powe ,380,687	er	
Own	icially ed By ch	8	3		Voting Po 9	wer	
Per	orting son th	9	)		spositive 1,380,687		-
		1	.0	Shared I 0	Dispositi	ve Pow	er
11	Aggregate	Amount	Benef	icially	Owned by	Each	Rep

eporting Person

1,380,687

Check Box If the Aggregate Amount in Row (11) Excludes Certain Shares (See Instructions)  $\ \ \,$ 12

[X]

Percent of Class Represented By Amount in Row (11) 13

4.9%

Type of Reporting Person (See Instructions) 14

00; IV

1 Names of Reporting Persons I.R.S. Identification Nos. of above persons (entities only) QIH MANAGEMENT INVESTOR, L.P. Check the Appropriate Box If a Member of a Group (See Instructions) 2 a. [ ] b. [X]

- 3 SEC Use Only
- Source of Funds (See Instructions) 4

Not Applicable

Check Box If Disclosure of Legal Proceedings Is Required Pursuant to Items 2(d) or 2(e)

Citizenship or Place of Organization

Delaware

7 Sole Voting Power Number of 1,380,687 Shares Beneficially 8 Shared Voting Power Owned By Each Sole Dispositive Power Reporting 9 Person 1,380,687 With 10 Shared Dispositive Power

11 Aggregate Amount Beneficially Owned by Each Reporting Person

1,380,687

12 Check Box If the Aggregate Amount in Row (11) Excludes Certain Shares (See Instructions)

[X]

Percent of Class Represented By Amount in Row (11) 13

4.9%

14 Type of Reporting Person (See Instructions)

PN; IA

1 Names of Reporting Persons I.R.S. Identification Nos. of above persons (entities only)

QIH MANAGEMENT LLC

2 Check the Appropriate Box If a Member of a Group (See Instructions)

a. [ ] b. [X]

- SEC Use Only 3
- Source of Funds (See Instructions)

Not Applicable

Check Box If Disclosure of Legal Proceedings Is Required Pursuant to 5 Items 2(d) or 2(e)

[ ]

Citizenship or Place of Organization 6

Delaware

7 Sole Voting Power Number of 1,380,687 Shares Beneficially Shared Voting Power Owned By Each Sole Dispositive Power 9 Reporting Person 1,380,687 With 10 Shared Dispositive Power

Aggregate Amount Beneficially Owned by Each Reporting Person 11

1,380,687

12 Check Box If the Aggregate Amount in Row (11) Excludes Certain Shares (See Instructions)

[X]

13 Percent of Class Represented By Amount in Row (11)

4.9%

14 Type of Reporting Person (See Instructions)

00

Names of Reporting Persons I.R.S. Identification Nos. of above persons (entities only)

SOROS FUND MANAGEMENT LLC

2 Check the Appropriate Box If a Member of a Group (See Instructions)

a. [] b. [X]

- 3 SEC Use Only
- 4 Source of Funds (See Instructions)

Not Applicable

5 Check Box If Disclosure of Legal Proceedings Is Required Pursuant to Items 2(d) or 2(e)

[ ]

6 Citizenship or Place of Organization

Delaware

7 Sole Voting Power Number of 1,380,687 Shares Beneficially 8 Shared Voting Power Owned By Each Sole Dispositive Power Reporting 9 Person 1,380,687 With

10 Shared Dispositive Power

0

11 Aggregate Amount Beneficially Owned by Each Reporting Person

1,380,687

12 Check Box If the Aggregate Amount in Row (11) Excludes Certain Shares (See Instructions)

[X]

13 Percent of Class Represented By Amount in Row (11)

4.9%

14 Type of Reporting Person (See Instructions)

00; IA

Names of Reporting Persons I.R.S. Identification Nos. of above persons (entities only)

GEORGE SOROS (in the capacity described herein)

2 Check the Appropriate Box If a Member of a Group (See Instructions)

a. [] b. [X]

- 3 SEC Use Only
- 4 Source of Funds (See Instructions)

Not Applicable

5 Check Box If Disclosure of Legal Proceedings Is Required Pursuant to Items 2(d) or 2(e)

[ ]

6 Citizenship or Place of Organization

## United States

7 Sole Voting Power Number of 1,745,300 Shares Shared Voting Power Beneficially 8 Owned By 0 Each Sole Dispositive Power 9 Reporting Person 1,745,300 With Shared Dispositive Power 10

11 Aggregate Amount Beneficially Owned by Each Reporting Person

1,745,300

12 Check Box If the Aggregate Amount in Row (11) Excludes Certain Shares (See Instructions)

[ ]

13 Percent of Class Represented By Amount in Row (11)

6.2%

14 Type of Reporting Person (See Instructions)

IA

This Amendment No. 10 to Schedule 13D relates to shares of Common Stock, \$0.01 par value per share (the "Shares"), of Integra LifeSciences Holdings Corporation (the "Issuer"). This Amendment No. 10 supplementally amends the initial statement on Schedule 13D, dated April 8, 1999, and all amendments thereto (collectively, the "Initial Statement"), filed by the Reporting Persons. This Amendment No. 10 is being filed by the Reporting Persons to report that the number of Shares that the Reporting Persons may be deemed to beneficially own has decreased by more than one percent of the current amount of outstanding Shares, as disclosed in the Issuer's quarterly report on Form 10-Q filed on November 9, 2005. Capitalized terms used but not defined herein shall have the meanings ascribed to them in the Initial Statement. The Initial Statement is supplementally amended as follows.

## Item 2. Identity and Background.

This Statement is being filed on behalf of each of the following persons (collectively, the "Reporting Persons"):

- i) Quantum Industrial Partners LDC ("QIP");
- ii) QIH Management Investor, L.P. ("QIHMI");
- iii) QIH Management LLC ("QIH Management");
- iv) Soros Fund Management LLC ("SFM LLC") and
- v) Mr. George Soros ("Mr. Soros").

This Statement relates to Shares held for the accounts of QIP and SFM Domestic Investments LLC ("SFM Domestic Investments"). QIHMI is a minority shareholder of, and is vested with investment discretion with respect to portfolio assets held for the account of, QIP. The sole general partner of QIHMI is QIH Management. SFM LLC is the sole managing member of QIH Management. Mr. Soros is the Chairman of SFM LLC and the sole managing member of SFM Domestic Investments.

#### Item 5. Interest in Securities of the Issuer.

According to information provided by the Issuer in its most recent quarterly report on Form 10-Q, the number of Shares outstanding was 28,050,652 as of November 4, 2005.

- (a) (i) Each of QIP, QIHMI, QIH Management and SFM LLC may be deemed the beneficial owner of 1,380,687 Shares (approximately 4.9% of the total number of Shares outstanding).
- (ii) Mr. Soros may be deemed the beneficial owner of 1,745,300 Shares (approximately 6.2% of the total number of Shares outstanding). This number includes (A) 1,380,687 Shares held for the account of QIP and (B) 364,613 Shares held for the account of SFM Domestic Investments.
- (b) (i) Each of QIP, QIHMI, QIH Management and SFM LLC (by virtue of the QIP Contract) and Mr. Soros (as a result of his position with SFM LLC) may be deemed to have the sole power to direct the voting and disposition of the 1,380,687 Shares held for the account of QIP.
- (ii) Mr. Soros in his capacity as the sole managing member of SFM Domestic Investments may be deemed to have the sole power to direct the voting and disposition of the 364,613 Shares held for the account of SFM Domestic Investments.

- (c) Except for the transactions listed on Annex A hereto, all of which were effected in the over-the-counter market in routine brokerage transactions, there have been no transactions with respect to the Shares since December 16, 2005 (the date of filing the Reporting Persons' last statement on Schedule 13D) by any of the Reporting Persons.
- (d) (i) The shareholders of QIP, including Quantum Industrial Holdings, Ltd., a British Virgin Islands international business company, have the right to participate in the receipt of dividends from, or proceeds from the sale of, the securities held for the account of QIP in accordance with their ownership interests in QIP.
- (ii) Certain members of SFM Domestic Investments have the right to participate in the receipt of dividends from, or proceeds from the sale of, the securities held for the account of SFM Domestic Investments.
  - (e) Not applicable.

#### **SIGNATURES**

After reasonable inquiry and to the best of my knowledge and belief, the undersigned certifies that the information set forth in this Statement is true, complete and correct.

Date: January 19, 2006 QUANTUM INDUSTRIAL PARTNERS LDC

By: /s/ Jodye M. Anzalotta

Jodye M. Anzalotta Attorney-in-Fact

QIH MANAGEMENT INVESTOR, L.P.

By: QIH Management LLC, its General Partner

By: Soros Fund Management LLC, its Managing Member

By: /s/ Jodye M. Anzalotta

Jodye M. Anzalotta Assistant General Counsel

QIH MANAGEMENT LLC

By: Soros Fund Management LLC, its Managing Member

By: /s/ Jodye M. Anzalotta

Jodye M. Anzalotta Assistant General Counsel

SOROS FUND MANAGEMENT LLC

By: /s/ Jodye M. Anzalotta

Jodye M. Anzalotta Assistant General Counsel

GEORGE SOROS

By: /s/ Jodye M. Anzalotta

Jodye M. Anzalotta Attorney-in-Fact

# ANNEX A

# RECENT TRANSACTIONS IN THE SECURITIES OF INTEGRA LIFESCIENCES HOLDINGS CORPORATION

For the Account of	Date of Transaction	Nature of Transaction	Securities	Price
Quantum Industrial Partners LDC/SFM Domestic Investments LLC/1/	December 20, 2005	Sale	24,100	\$36.00
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 21, 2005	Sale	38,845	\$36.00
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 21, 2005	Sale	1,015	\$36.01
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 21, 2005	Sale	300	\$36.02
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 21, 2005	Sale	700	\$36.03
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 21, 2005	Sale	300	\$36.04
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 21, 2005	Sale	500	\$36.05
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 21, 2005	Sale	100	\$36.06
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 22, 2005	Sale	15,803	\$36.02
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 23, 2005	Sale	300	\$36.11
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 23, 2005	Sale	500	\$36.12
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/			400	\$36.14
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/		Sale	3,500	\$36.20
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/				\$36.00

For the Account of	Date of Transaction	Nature of Transaction	Securities	
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	911	\$36.05
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	600	\$36.06
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	2,687	\$36.11
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	3	\$36.13
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	400	\$36.14
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	5,793	\$36.15
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	1,100	\$36.16
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	200	\$36.17
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	1,553	\$36.19
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	100	\$36.20
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	,			
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 27, 2005	Sale	500	
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/		Sale	100	
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/				

For the Account of	Date of Transaction	Nature of Transaction	Securities	
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 29, 2995	Sale	1,802	\$36.01
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 29, 2005	Sale	400	\$36.02
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 29, 2005	Sale	600	\$36.03
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 29, 2005	Sale	11,500	\$36.05
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 29, 2005	Sale	1,500	\$36.06
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 29, 2005	Sale	100	\$36.09
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 29, 2005	Sale	9,600	\$36.10
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	December 29, 2005	Sale	400	\$36.11
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 11, 2006	Sale	5,000	\$36.00
LDC/SFM Domestic Investments LLC /1/	January 12, 2006		63,022	\$36.00
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/		Sale		
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 12, 2006	Sale	2,702	\$36.02
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 12, 2006	Sale	100	
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 12, 2006			\$36.05

For the Account of	Date of Transaction	Nature of Transaction		
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	18,935	\$36.00
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	1,346	\$36.01
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/		Sale	609	\$36.02
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	1,910	\$36.03
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	2,200	\$36.04
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	600	\$36.06
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	300	\$36.07
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	1,300	\$36.08
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	25,698	\$36.10
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006		9,883	\$36.11
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	12,154	
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 13, 2006	Sale	6,471	\$36.13
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/		Sale	2,294	
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/				\$36.15

For the Account of	Date of Transaction	Nature of Transaction	Securities	
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	,		·	\$36.16
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/			600	\$36.17
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	23,674	\$36.00
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	13,171	\$36.01
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/				\$36.02
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/				\$36.04
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	600	\$36.05
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	200	\$36.07
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	300	\$36.08
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	,		·	\$36.10
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale		\$36.11
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale		
uantum Industrial Partners LDC/SFM Domestic Investments LLC /1/		Sale	2,040	\$36.13
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/				\$36.14

For the Account of	Date of Transaction	Nature of Transaction	Securities	
QQuantum Industrial Partners LDC/SFM Domestic Investments LLC /1/		Sale	2,900	\$36.15
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	150	\$36.16
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006		600	\$36.17
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/				\$36.20
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	600	\$36.21
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	1,000	\$36.22
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	1,039	\$36.23
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	500	\$36.24
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	200	\$36.26
	January 17, 2006	Sale	885	\$36.29
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/				
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	500	
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 17, 2006	Sale	900	\$36.32
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 18, 2006			\$36.00

For the Account of	Date of Transaction	Nature of Transaction		Price
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 18, 2006	Sale	100	\$36.01
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 18, 2006	Sale	100	\$36.05
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 18, 2006	Sale	61	\$36.06
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 18, 2006	Sale	1,000	\$36.07
Quantum Industrial Partners LDC/SFM Domestic Investments LLC /1/	January 18, 2006	Sale	100	\$36.08

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/1/ For each of these transactions, approximately 79.11% of the shares of common stock, par value \$0.01 per share ("Shares"), sold were allocated from the account of Quantum Industrial Partners, LDC and 20.89% of the Shares were allocated from the account of SFM Domestic Investments LLC. For all of these transactions an aggregate of 399,190 Shares were sold by QIP and 105,410 Shares were sold by SFM Domestic Investments.