ORM 4  TATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP    Check this box if no longer subject to Section 16.										
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.	NITED STATES SECURITIES AND E ashington, D.C. 20549	XCHANGE COMMISS	ION							
Form 4 or Form 5 obligations may continue. Name and Address of Reporting Person(s) Henneman, III, John B. 311 Enterprise Drive  Plainsboro, New Jersey 08536 . Issuer Name and Ticker or Trading Symbol . Integra LifeSciences Holidings Corp. (IART) . I.R.S. Identification Number of Reporting Person, if an entity (Voluntary)  Statement for Month/Day/Year 02/14/2083 . If Amendment, Date of Original (Month/Day/Year) . Relationship of Reporting Person(s) to Issuer (Check all applicable) [ ] Director [ ] 1.080 Owner [ [X] Officer (give title below) [ ] Other (specify below) Sr. V.P., Chief Admin. Officer and Secretary . Individual or Joint/Group Filing (Check Applicable Line) [ [X] Form filed by More than One Reporting Person [ ] Form filed by More than One Reporting Person [ ] Form filed by More than One Reporting Person [ ] Form filed by More than One Reporting Person [ ] Form oction or Disposed of (D)  Securities Indirect Date Code A Beneficially Described or Owned at or Ownership Date Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price End of Month I  Day/Year) Code V Amount D Price Day	ORM 4 TATEMENT OF CHANGES IN BENEFI	CIAL OWNERSHIP								
Integra LifeSciences Roldings Corp. (IART)  I.R.S. Identification Number of Reporting Person, if an entity (Voluntary)  Statement for Month/Day/Year 02/14/2083  If Amendment, Date of Original (Month/Day/Year) Relationship of Reporting Person(s) to Issuer (Check all applicable) [] Director [] 100 Woner [X] Officer (give title below) [] Other (specify below) Sr. V.P., Chief Admin. Officer and Secretary Individual or Joint/Group Filing (Check Applicable Line) [X] Form filed by One Reporting Person  [] Form filed by One Reporting Person  [] Form filed by More than One Reporting Person  [] Form filed by More than One Reporting Person  [] Form one Security 2) Trans- 3. Trans- 4. Securities Acquired(A) 5) Amount of 6) 7) Nature of action action or Disposed of (D) Securities Indirect Date Code A Beneficially Deneficially Owned A Beneficially Owned A Beneficially Owned A Beneficially Owned A Deneficially Owned A D D Direct Ownership Day/Year) Code V Amount D Price End of Month I  Ommon Stock 02/12/03 M 4,000 A \$4.3750 B D Direct Ownership Day/Year) South Ownership Day/Year Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1 through 6)  [Title of Derivative 2) Conversion 3) Trans- 4) Trans- 5) Number of Derivative 6) Date Exercisable and Price of Date Code or Disposed of (D) Exercisable Expiration Date    Date   Dat	Form 4 or Form 5 obligatio . Name and Address of Reporti Henneman, III, John B.	ns may continue								
02/14/2003  If Amendment, Date of Original (Month/Day/Year)  Relationship of Reporting Person(s) to Issuer (Check all applicable)  [] Director [] 10% Owner [] 10	. Issuer Name and Ticker or T Integra LifeSciences Holdin	rading Symbol gs Corp. (IART)	Person, if a	an entity	(Voluntary	<b>'</b> )				
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ommon Stock  02/12/03 S 4,000 D \$17.5010 18,367 D Direct  able II (PART 1) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1 through 6)  Otitle of Derivative  2)Conversion 3)Trans- 4)Trans-5)Number of Derivative or Exercise action action Securities Acquired (A) Price of Date Code or Disposed of (D) Derivative Security Code V A D Exercisable Expiration			2)Trans- action Date (Month/	3.Trans- action Code	4.Securit	ies Acq sed of ( A or	uired(A) D) Price	5)Amount of Securities Beneficially Owned at End of Month	6) 7)Nature of Indirect D Beneficial or Ownership I	
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	.)Title of Derivative ecurity	2)Conversion or Exercise Price of Derivative	3)Trans- action	4)Tr acti Code	4)Trans- 5)Number action Securiti Code or Dispo		Acquired (A) of (D)	Expi	ation Date	
	on Ovalified Charle Ontion		00/40/00				4 000		00/44/04	

Non-Qualified Stock Option 4,000 (right to buy)

Table II (PART 2) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1,3 and 7 through 11)

1)Title of Derivative 3)Trans- 7)Title and Amount 8)Price 9)Number of 10) 11)Nature of of Underlying of Deri-Indirect Security action Derivative D Date Securities vative Securities Beneficial Amount or Number of Beneficially or Ownership Security Owned at End of Month Ι Title Shares

Non-Qualified Stock Option 02/12/03 Common Stock 4,000 679 D Direct (right to buy)

Explanation of Responses:

SIGNATURE OF REPORTING PERSON /S/ Henneman, III, John B. DATE 02/14/03