

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* <u>HENNEMAN JOHN B III</u> (Last) (First) (Middle) 311 C ENTERPRISE DRIVE (Street) PLAINSBORO NJ 08536 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTEGRA LIFESCIENCES HOLDINGS CORP [IART]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Exec VP, CAO, & Secretary</u>
	3. Date of Earliest Transaction (Month/Day/Year) 12/15/2005	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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	
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	

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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Non-Qualified Stock Option (right to buy)	\$5.875	12/15/2005		M			18,417	(I)	12/31/2005	Common Stock	18,417	\$0	0	D	

Explanation of Responses:

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.

/s/ Jeffrey Hellman, Attorney-in-Fact 12/19/2005

** Signature of Reporting Person Date

* 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).

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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