

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) <u>311 C ENTERPRISE DRIVE</u> (Street) <u>PLAINSBORO NJ 08536</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTEGRA LIFSCIENCES HOLDINGS CORP [IART]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) Other (specify below) <u>Exec VP, CAO, & Secretary</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>01/06/2006</u>	
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	01/06/2006		M		3,645	A	\$6.5625	41,713	D	
Common Stock	01/06/2006		S		100	D	\$35.16	41,613	D	
Common Stock	01/06/2006		S		100	D	\$35.2	41,513	D	
Common Stock	01/06/2006		S		100	D	\$35.22	41,413	D	
Common Stock	01/06/2006		S		100	D	\$35.25	41,313	D	
Common Stock	01/06/2006		S		180	D	\$35.27	41,133	D	
Common Stock	01/06/2006		S		323	D	\$35.28	40,810	D	
Common Stock	01/06/2006		S		97	D	\$35.29	40,713	D	
Common Stock	01/06/2006		S		100	D	\$35.31	40,613	D	
Common Stock	01/06/2006		S		100	D	\$35.32	40,513	D	
Common Stock	01/06/2006		S		800	D	\$35.34	39,713	D	
Common Stock	01/06/2006		S		100	D	\$35.38	39,613	D	
Common Stock	01/06/2006		S		400	D	\$35.45	39,213	D	
Common Stock	01/06/2006		S		345	D	\$35.47	38,868	D	
Common Stock	01/06/2006		S		700	D	\$35.5	38,168	D	
Common Stock	01/06/2006		S		100	D	\$35.51	38,068	D	
Common Stock	01/06/2006		M		1,355	A	\$6.5625	39,423	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					
Non-Qualified Stock Option (right to buy)	\$6.5625	01/06/2006		M			3,645	(I)	01/17/2006	Common Stock	3,645	\$0	0	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
Incentive Stock Option (right to buy)	\$6.5625	01/06/2006		M			1,355	(I)	01/17/2006	Common Stock	1,355	\$0	0	D	

Explanation of Responses:

1. 25% of the aggregate amount of non-qualified options and incentive options vested one year after the January 17, 2000 grant date, and the remaining 75% vested monthly thereafter over 36 months.

/s/ Jeffrey Hellman, Attorney-in-Fact 01/10/2006

** Signature of Reporting Person Date

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

* 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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