FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

		00540
Vashington,	D.C.	20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL											
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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

(Last)	nd Address of ROBER (Fit	rst) (M	⁄liddle)		Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART] Date of Earliest Transaction (Month/Day/Year) 02/13/2023										k all app Direct Office below	licable) tor er (give title	, 10% Ow		wner	
(Street) PRINCE (City)			8540 Zip)		4. If <i>I</i>	4. If Amendment, Date of Original Filed (Month/Day/Year)									ndividual or Joint/Group Filing (Check Applicable e) 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																				
I I I I I I I I I I				Date (Month/Day/Year) i		Exec if an	2A. Deemed Execution Date, if any (Month/Day/Year)				Disposed C	rities Acquired (A) ed Of (D) (Instr. 3,			5. Amount of Securities Beneficially Owned Following Reported		Form: Direct (D) or Indirect		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
									Code	v	Amount	(A) o	r Pr	ice	Transa	action(s) 3 and 4)			(111501.4)	
Common Stock				02/13/2	/2023				A		2,379(1)	A	\$	0.00	41	1,191		D		
Common Stock 02/13.					2023	023					1,067(2)	A	\$	0.00	42	2,258		D		
Common Stock 02/13/						2023					1,779(2)	A	\$	0.00	44	4,037		D		
Common Stock 02/13/2				2023						1,883(3)	A	\$	0.00	45	5,920		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)	if any	emed on Date, /Day/Year)	4. Transa Code (8)		of Deriv Secu Acqu (A) o Disport (D	r osed) r. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Ins 3 and 4)		De Se (In	Price of rivative curity str. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owner Form Direct or Ind (I) (In	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code					Expiration Date		Amou or Numb of Share	er							

Explanation of Responses:

- 1. On February 13, 2023, the Compensation Committee certified that the Company achieved its performance goal for fiscal year 2022 under the March 13, 2020 performance stock award at or above the threshold level based on annual organic revenue growth over the prior fiscal year. Accordingly, 34% of the shares will vest on March 13, 2023, the third anniversary of the grant date.
- 2. On February 13, 2023, the Compensation Committee certified that the Company achieved its performance goal for fiscal year 2022 under the March 12, 2021 performance stock award at or above the threshold level based on annual organic revenue growth over the prior fiscal year. Accordingly, 33% of the shares will vest on March 12, 2023, the second anniversary of the grant date.
- 3. On February 13, 2023, the Compensation Committee certified that the Company achieved its performance goal for fiscal year 2022 under the March 11, 2022 performance stock award at or above the threshold level based on annual organic revenue growth over the prior fiscal year. Accordingly, 33% of the shares will vest on March 11, 2023, the first anniversary of the grant date.

Remarks:

/s/ Eric Schwartz; Attorney-in-Fact

** Signature of Reporting Person

02/15/2023

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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