FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washi

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

ngton, D.C. 20549	OMB APPROVAL

OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

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

1. Name and Address of Reporting Person* <u>Baltimore Thomas J Jr</u>					IN	2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]											ip of Reporting Person(s) to plicable) ctor 10%		son(s) to Is	
	ELOPME	,	Middle)	00	3. D	3. Date of Earliest Transaction (Month/Day/Year) 08/19/2008										Office below	er (give title v)	Other (s below)		
(Street) BETHES (City)	DA M	D 2	20814 Zip)			4. If Amendment, Date of Original Filed (Month/Day/Year) 08/21/2008									Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
		Tabl	e I - Nor	n-Deriv	ative	Se	curiti	es Ac	quired	Dis	posed o	f, or	Ben	efici	ally C	Owne	ed			
1. Title of Security (Instr. 3) 2. Trans. Date (Month/I				Executi Day/Year) if any			Code	Transaction Disposed Code (Instr. 5)		rities Acquired (A) ed Of (D) (Instr. 3,			ınd	5. Amount of Securities Beneficially Owned Following Reported		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
								Code	v	Amount	0	(A) or (D)	Price	, I	Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common Stock				08/19	08/19/2008				A		1,875	5	A	\$0.00		5,168			D	
Common stock				08/19/2008		3			A		1,260)	A	\$0.00		6,428			D	
		Та									sed of, onvertib					ned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Execution Date, Transaction of				vative urities uired or losed)) rr. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year) (Month/Day/Year) Under Deriva Securi and 4)					str. 3		vative urity	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	wnership orm: irect (D) r Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	or Nur of	ount nber res						

Explanation of Responses:

/s/ Kathryn Lamping, Attorney-in-fact

12/09/2008

** 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.