FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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Nashington,	D.C.	20049	

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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) (First) (Middle) 1100 CAMPUS ROAD 3. Date of Earliest Transaction (Month/Day/Year) (Street) PRINCETON NJ 08540 Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year) (Month/	1. Name and Address of Reporting Person* Coleman Glenn						2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]								k all app Direc	,	ng Pe	rson(s) to Is 10% O Other (wner	
City							` ' '							Λ		,	Presi	,	00	
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Mon	PRINCE					4. If <i>I</i>	4. If Amendment, Date of Original Filed (Month/Day/Year)							Line)	Form Form	orm filed by One Reporting Person orm filed by More than One Reporting				
Date Month/Day/Year			Table	I - No	n-Deriva	tive S	Secu	rities	Acq	uired,	, Dis	posed of	, or E	Benefi	icially	Own	ed			
Common Stock O4/04/2022 S(1) O5,268 D(1) S66.04 41,288 D	Date			Date	Execution Date, ay/Year) if any		Date,	Transaction Disposed Of (D) (Instr. 3 Code (Instr. 5)				4 and Securi Benefi Owned		ties cially I Following	Forn (D) c	Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership			
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) 1. Title of Derivative Security (Instr. 3) 2. Conversion or Exercise Price of Derivative Security (Month/Day/Year) 2. Conversion or Exercise Price of Derivative Securities (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Transaction Code (Instr. 8) 4. Transaction Date (Month/Day/Year) 5. Number of Exercisable and Expiration Date (Month/Day/Year) 5. Number of Derivative Securities Underlying Derivative Security (Instr. 3 and 4) 7. Title and Amount of Securities Underlying Derivative Securities (Month/Day/Year) 8. Price of Derivative Securities Underlying Derivative Securities (Instr. 5) 9. Number of derivative Securities Underlying Derivative Securities (Instr. 4) 9. Number of derivative Securities Underlying Derivative Securities (Instr. 4) 9. Number of derivative Securities (Instr. 5) 9. Number of derivative Securities Underlying Derivative Securities (Instr. 4) 9. Number of Derivative Securities (Instr. 5) 10. Ownership Form: 11. National Amount of Securities (Instr. 5) 12. National Amount of Securities (Instr. 5) 13. National Amount of Securities (Instr. 5) 14. National Amount of Securities (Instr. 5) 15. Number of Amount of Securities (Instr. 5) 16. Date Exercisable and Table (Instr. 5) 17. Number of Amount of Securities (Instr. 5) 18. Price of Derivative Securities (Instr. 5) 19. Number of Amount of Securities (Instr. 5) 19. Number of Amount of Securities (Instr. 5) 19. Numbe										Code	v	Amount	(A) (D)	or Pri	ice	Transa	action(s)			(11150: 4)
(e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security (Instr. 3) 1. Title of Derivative Security (Instr. 3) 2. Conversion or Exercise Price of Derivative Security (Instr. 4) 2. Conversion or Exercise Price of Derivative Security (Instr. 3) 4. Transaction Code (Instr. 8) 4. Transaction Code (Instr. 8) 5. Number of Execution Date (Month/Day/Year) 5. Number of Derivative Securities Underlying Derivative Security (Instr. 3) 6. Date Exercisable and Expiration Date (Month/Day/Year) 8. Price of Derivative Securities Underlying Derivative Security (Instr. 5) 9. Number of derivative Securities Underlying Derivative Security (Instr. 3) 9. Number of Derivative Securities Underlying Derivative Security (Instr. 4) 9. Number of Derivative Securities Underlying Derivative Security (Instr. 4) 9. Number of Derivative Securities Underlying Derivative Securities Underlying Derivative Security (Instr. 4) 9. Number of Derivative Securities Underlying Derivative Security (Instr. 4) 9. Number of Derivative Securities Underlying Derivative Securities Underlying Derivative Security (Instr. 4) 9. Number of Derivative Securities Underlying Derivative Se	Common	Stock			04/04/2	1/2022				S ⁽¹⁾		6,268	D ⁽¹⁾ \$6		66.04	04 41,288			D	
Derivative Security (Instr. 3) Price of Derivative Security Security Security Price of Derivative Security Securities Security Security Security Securities Security Security Security Securities Securities Security Securities Security Securities Security Securities Security Securities Security Securities Security Securities Secur																				
	Derivative Security	Conversion or Exercise Price of Derivative	Date	Execut if any	ion Date,	Transa Code (8)	instr.	of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4		Expiration Date		Amount of Securities Underlying Derivative Security (Inst 3 and 4)		Dei See (Ins	rivative curity	derivative Securities Beneficiall Owned Following Reported Transactio	y	Ownership Form: Direct (D) or Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)	

Explanation of Responses:

1. The transaction reported in this Form 4 was effected pursuant to a Rule 10b5-1 trading plan previously adopted by the reporting person.

Remarks:

/s/ Eric Schwartz; Attorney-in-04/06/2022 Fact

** 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.