

FORM 4
STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

1. Name and Address of Reporting Person(s)
Henneman, III, John B.
311 Enterprise Drive

Plainsboro, New Jersey 08536
2. Issuer Name and Ticker or Trading Symbol
Integra LifeSciences Holdings Corp. (IART)
3. I.R.S. Identification Number of Reporting Person, if an entity (Voluntary)
4. Statement for Month/Day/Year
01/14/2003
5. If Amendment, Date of Original (Month/Day/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
[] Director [] 10% Owner
[X] Officer (give title below) [] Other (specify below)
Sr. V.P., Chief Admin. Officer
and Secretary
7. Individual or Joint/Group Filing (Check Applicable Line)
[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

1) Title of Security	2) Trans- action Date (Month/ Day/Year)	3) Trans- action Code Code V	4) Securities Acquired(A) or Disposed of (D) Amount	5) Amount of Securities Beneficially Owned at End of Month	6) Nature of Indirect or Beneficial Ownership	7) Nature of Indirect or Beneficial Ownership
Common Stock	01/13/03	M	4,000	A \$4.3750	D	Direct
Common Stock	01/13/03	S	4,000	D \$17.1400	18,367	D Direct

Table II (PART 1) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1 through 6)

1) Title of Derivative Security	2) Conversion or Exercise Price of Derivative Security	3) Trans- action Date	4) Trans- action Code Code V	5) Number of Derivative Securities Acquired (A) or Disposed of (D) A D	6) Date Exercisable and Expiration Date Exercisable Expiration
Non-Qualified Stock Option (right to buy)	\$4.3750	01/13/03	M	4,000	09/11/04

Table II (PART 2) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1,3 and 7 through 11)

1) Title of Derivative Security	3) Trans- action Date	7) Title and Amount of Underlying Securities Title	8) Price of Deri- vative Security Amount or Number of Shares	9) Number of Derivative Securities Beneficially Owned at End of Month	10) Nature of Indirect or Beneficial Ownership	11) Nature of Indirect or Beneficial Ownership
Non-Qualified Stock Option (right to buy)	01/13/03	Common Stock	4,000	4,679	D	Direct

Explanation of Responses:

SIGNATURE OF REPORTING PERSON
/S/ By: Christie Davis, Attorney in fact
For: John B. Henneman, III
DATE 01/15/03