

Item 1.01. Entry into a Material Definitive Agreement.

On May 3, 2007, upon recommendation from the Compensation Committee, the Board of Directors (the Board) of Symmetry Medical Inc. (the Company) authorized the granting of 75,000 shares of restricted common stock to certain key employees of the Company pursuant to the Company's Amended and Restated 2004 Equity Incentive Plan (referenced as Exhibit 10.12 from the Company's Annual Report on Form 10-K).

A form of restricted stock agreement is attached hereto as Exhibit 10.1.

Item 2.02. Results of Operations and Financial Condition.

On May 3, 2007, Symmetry Medical Inc. issued a press release containing earnings information from its first quarter of 2007. A copy of the press release is being furnished as Exhibit 99.1.

Item 5.02. Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

(e)

On May 3, 2007, upon recommendation from the Compensation Committee, the Board authorized the granting of 62,000 shares of restricted common stock, pursuant to the Company's Amended and Restated 2004 Equity Incentive Plan (referenced as Exhibit 10.12 from the Company's Annual Report on Form 10-K), to the Executive Officers of the Company set forth below:

Name and Position	Restricted Shares Granted
Brian Moore, CEO & President	30,000
Fred Hite, Senior VP & CFO	12,000
D. Darin Martin, Senior VP Reg. Affairs, Compliance Officer	5,000
Richard J. Senior, Senior VP & General Manager, Europe	5,000
Michael W. Curtis, Corporate Senior VP & General Manager, Medical Products	10,000

A form of restricted stock agreement is attached hereto as Exhibit 10.1.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

10.1 Form of Restricted Stock Agreement

99.1 Symmetry Medical Reports First Quarter 2007 Results Press Release issued by Symmetry Medical Inc. dated May 3, 2007.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Symmetry Medical Inc.

Date: May 8, 2007

/s/ Fred L. Hite

Name: Fred L. Hite

Title: Chief Financial Officer

EXHIBIT INDEX

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