INTEGRA LIFESCIENCES HOLDINGS CORP
Form 4
March 14, 2007

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

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).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
HENNEMAN JOHN B III

(Last) (First) (Middle)

311 C ENTERPRISE DRIVE

(Street)

PLAINSBORO, NJ 08536

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
INTEGRA LIFESCIENCES HOLDINGS CORP [IART]

3. Date of Earliest Transaction (Month/Day/Year)
03/12/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
Exec. VP and CAO

6. 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 (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	03/12/2007		M		1,877	A	$ 27.78	24,449	D	
Common Stock	03/12/2007		M		7,211	A	$ 27.78	31,660	D	
Common Stock	03/12/2007		M		625	A	$ 25.99	32,285	D	
Common Stock	03/12/2007		M		1,875	A	$ 25.99	34,160	D	
Common Stock	03/12/2007		M		1,402	A	$ 26.7	35,562	D	

Common Stock	03/12/2007		M	24,098	A	$ 26.7	59,660	D
Common Stock	03/12/2007		S(1)	37,088	D	$ 43.27	22,572	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securit (Instr. 3 and 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Incentive Stock Option (right to buy)	$ 27.78	03/12/2007		M			1,877	(2)	08/14/2007	Common Stock	1,8
Non-Qualified Stock Option (right to buy)	$ 27.78	03/12/2007		M			7,211	(3)	08/14/2007	Common Stock	7,2
Incentive Stock Option (right to buy)	$ 25.99	03/12/2007		M			625	(4)	12/14/2007	Common Stock	62
Non-Qualified Stock Option (right to buy)	$ 25.99	03/12/2007		M			1,875	(3)	12/14/2007	Common Stock	1,8
Incentive Stock Option (right to buy)	$ 26.7	03/12/2007		M			1,402	(5)	12/17/2007	Common Stock	1,4
Non-Qualified Stock Option (right to buy)	$ 26.7	03/12/2007		M			24,098	(5)	12/17/2007	Common Stock	24,0

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HENNEMAN JOHN B III 311 C ENTERPRISE DRIVE PLAINSBORO, NJ 08536			Exec. VP and CAO	

Signatures

/s/ Jeffrey Hellman, Attorney-in-Fact	03/14/2007
**Signature of Reporting Person	Date

Explanation of Responses:

***** 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).

(1) The sales reported on this Form 4 were pursuant to a Rule 10b5-1 plan adopted by the Reporting Person on November 22, 2006.

(2) These options vested over time, with all options having fully vested on August 14, 2005.

(3) These options vested over time, with all options having fully vested on December 14, 2004.

(4) These options vested over time, with all options having fully vested on December 14, 2005.

(5) These options vested over time, with all options having fully vested on December 17, 2005.

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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