

INTEGRA LIFESCIENCES HOLDINGS CORP
 Form 4
 November 17, 2006

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL
 OMB Number: 3235-0287
 Expires: January 31, 2005
 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).

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

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

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
311 C ENTERPRISE DRIVE
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/15/2006

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

PLAINSBORO, NJ 08536

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	11/15/2006		S	10,000 D	\$ 40.75 32,048	D	
Common Stock	11/15/2006		S	5,000 D	\$ 40.8 27,048	D	
Common Stock	11/15/2006		S	4,476 D	\$ 40.82 22,572	D	
Common Stock	11/16/2006		M	7,000 A	\$ 13.625 29,572	D	
Common Stock	11/16/2006		S	3,000 D	\$ 40.52 26,572	D	

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Common Stock	11/16/2006	S	4,000	D	\$ 40.5	22,572	D
Common Stock	11/16/2006	M	11,071	A	\$ 13.625	33,643	D
Common Stock	11/16/2006	S	2,000	D	\$ 40.5	31,643	D
Common Stock	11/16/2006	S	5,000	D	\$ 40.4	26,643	D
Common Stock	11/16/2006	S	1,170	D	\$ 40.65	25,473	D
Common Stock	11/16/2006	S	2,901	D	\$ 40.58	22,572	D

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

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SEC 1474
(9-02)

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 Amount of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
Incentive Stock Option (right to buy)	\$ 13.625	11/16/2006		M	7,000	<u>(1)</u> 12/30/2006	Common Stock	7,000
Non-Qualified Stock Option (right to buy)	\$ 13.625	11/16/2006		M	11,071	<u>(2)</u> 12/30/2006	Common Stock	11,071

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HENNEMAN JOHN B III			Exec. VP and CAO	

311 C ENTERPRISE DRIVE
PLAINSBORO, NJ 08536

Signatures

/s/ Jeffrey Hellman,
Attorney-in-Fact

11/17/2006

**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) These options vested over time, with all options having fully vested on December 30, 2004.
- (2) These options vested over time, with all options having fully vested on December 30, 2003.

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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