

SECURITIES AND EXCHANGE COMMISSION

FORM 4

Statement of changes in beneficial ownership of securities

Filing Date: **2006-01-05** | Period of Report: **2006-01-03**
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REPORTING OWNER

ESSIG STUART

CIK: **1187574**

Type: **4** | Act: **34** | File No.: **000-26224** | Film No.: **06512539**

Mailing Address

*311 C ENTERPRISE DRIVE
PLAINSBORO NJ 08536*

ISSUER

INTEGRA LIFESCIENCES HOLDINGS CORP

CIK: **917520** | IRS No.: **510317849** | State of Incorporation: **DE** | Fiscal Year End: **1231**
SIC: **3826** Laboratory analytical instruments

Mailing Address

*311 C ENTERPRISE DRIVE
PLAINSBORO NJ 08536*

Business Address

*311 C ENTERPRISE DRIVE
PLAINSBORO NJ 08536
6092750500*

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

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

1. Name and Address of Reporting Person ESSIG STUART			2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) President and CEO		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/03/2006					
311 C ENTERPRISE DRIVE			4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing (Check applicable line) <input checked="" type="checkbox"/> Form Filed by One Reporting Person <input type="checkbox"/> Form Filed by More than One Reporting Person		
(Street)								
PLAINSBORO, NJ 08536								
(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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	01/03/2006		M		750,000	A	\$ 0 ⁽¹⁾	1,255,383	D	
Common Stock	01/03/2006		S	(2)	340,000	D	\$34.7	915,383	D	

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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Amount or Number of Shares
Restricted Units	\$ 0 ⁽³⁾	01/03/2006		M		750,000		(3)	(3)	Common Stock	750,000	\$ 0	500,000	D	

Explanation of Responses:

- On January 3, 2006, 750,000 restricted units (the "Restricted Units") held by the Reporting Person were converted into 750,000 shares of the Issuer's Common Stock.
- The sale reported on this Form 4 was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person on June 3, 2005.

3. Each Restricted Unit represents the rights to receive one share of the Issuer's common stock. The 1,250,000 shares of the Issuer's common stock underlying the Restricted Units (the "Unit Shares") were to be delivered to the Reporting Person on January 3, 2006. The Reporting Person elected to defer delivery of 500,000 Unit Shares until March 4, 2008. On January 3, 2006, 750,000 Unit Shares were issued to the Reporting Person. The Reporting Person has the right to defer the delivery of the Unit Shares on as many occasions as he determines from time to time through, but not beyond, June 30, 2025. The Unit Shares not yet issued may be delivered to the Reporting Person prior to March 4, 2008 in the event of a change of control of the Issuer or a termination of the Reporting Person's employment with the Issuer other than (a) for cause or (b) due to his voluntary departure (other than for good reason or due to disability).

Signatures

/s/ Jeffrey Hellman, Attorney-in-Fact

** Signature of Reporting Person

01/05/2006

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.