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HENNEMAN JOHN B III
Form 4
February 14, 2003
     UNITED STATES SECURITIES AND EXCHANGE COMMISSION
     Washington, D.C. 20549
     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
       02/14/2003
     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
     _____
                                             2)Trans- 3.Trans- 4.Securities Acquired(A)
action action or Disposed of (D)
     1) Title of Security
                                                      Code
                                             Date
                                                                           A
                                             (Month/
                                                                          or
                                            Day/Year) Code V Amount D Price
     _____
                                            02/12/03M4,000A$4.375002/12/03S4,000D$17.5010
     Common Stock
                                                                         D $17.5010
     Common Stock
     Table II (PART 1) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1
     _____
                               2)Conversion 3)Trans- 4)Trans- 5)Number of Derivative
or Exercise action action Securities Acquired (A)
Price of Date Code or Disposed of (D)
Derivative
     1)Title of Derivative
     Security
                                                          Code V A
                                Security
                                                                                 D
                                                                _____
                                   _____
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Non-Qualified Stock Option \$4.3750 02/12/03 M 4,000 (right to buy)

Table II (PART 2) Derivative Securities Acquired, Disposed of, or Beneficially Owned (Columns 1

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1)Title of Derivative Security	3)Trans- action Date	7)Title and Amount of Underlying Securities	Amount or	8)Price of Deri- vative Security
-		Title	Number of Shares	
Non-Qualified Stock Option (right to buy)	02/12/03	Common Stock	4,000	

SIGNATURE OF REPORTING PERSON /S/ Henneman, III, John B. DATE 02/14/03