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INTEGRA LIFESCIENCES HOLDINGS CORP

Form 4

December 20, 2006

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

OMB APPROVAL

OMB 3235-0287 Number:

January 31, Expires: 2005

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Section 16. Form 4 or Form 5 obligations may continue. See Instruction

Check this box

if no longer

subject to

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

SECURITIES

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * HOLTZ DAVID B			2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer			
			INTEGRA LIFESCIENCES HOLDINGS CORP [IART]	(Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	Director 10% Owner			
311 C ENTERPRISE DRIVE (Street)			(Month/Day/Year)	X Officer (give title Other (specify below) Sr. VP, Finance 6. Individual or Joint/Group Filing(Check			
			12/18/2006				
			4. If Amendment, Date Original				
			Filed(Month/Day/Year)	Applicable Line)			
DI AINSPODO NI 08536				_X_ Form filed by One Reporting Person Form filed by More than One Reporting			
DI VIVICIONE	20 NH 0953	66		remined by more than one responding			

Person

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. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)			
Common Stock	12/18/2006		M	2,010	A	\$ 26.7	12,258	D		
Common Stock	12/18/2006		M	1,669	A	\$ 14.87	13,927	D		
Common Stock	12/18/2006		M	250	A	\$ 17.6	14,177	D		
Common Stock	12/18/2006		M	2,196	A	\$ 17.65	16,373	D		
Common Stock	12/18/2006		M	1,252	A	\$ 22.78	17,625	D		

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Common Stock 12/18/2006 M 770 A \$ 18,395 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. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exer Expiration D (Month/Day	ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)			
				Code V (A)) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
Incentive Stock Option (right to buy)	\$ 26.7	12/18/2006		M	2,010	<u>(1)</u>	12/17/2007	Common Stock	2,010		
Incentive Stock Option (right to buy)	\$ 14.87	12/18/2006		M	1,669	<u>(2)</u>	08/02/2008	Common Stock	1,669		
Incentive Stock Option (right to buy)	\$ 17.6	12/18/2006		M	250	<u>(3)</u>	12/16/2008	Common Stock	250		
Incentive Stock Option (right to buy)	\$ 17.65	12/18/2006		M	2,196	<u>(4)</u>	12/31/2008	Common Stock	2,196		
Incentive Stock Option (right to	\$ 22.78	12/18/2006		M	1,252	(5)	04/07/2009	Common Stock	1,252		

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buy)

Incentive

(right to buy)

Stock

Option \$ 32.39 12/18/2006

M

770

11/03/2009 (6)

Common Stock

770

Reporting Owners

Relationships Reporting Owner Name / Address

> Director 10% Owner Officer Other

HOLTZ DAVID B

311 C ENTERPRISE DRIVE Sr. VP, Finance

PLAINSBORO, NJ 08536

Signatures

/s/ Jeffrey Hellman, 12/20/2006 Attorney-in-Fact

**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 17, 2005.
- (2) These options vested over time, with all options having fully vested on August 2, 2006.
- (3) These options vested over time, with all options having fully vested on December 16, 2006.
- On a combined basis, 25% of this option grant and a Non-Qualified Stock option grant made on the date of this grant vested one year after the December 31, 2002 grant date with the remaining 75% vesting monthly thereafter over 36 months.
- On a combined basis, 25% of this option grant and a Non-Qualified Stock option grant made on the date of this grant vested one year **(5)** after the April 7, 2003 grant date with the remaining 75% vesting monthly thereafter over 36 months.
- On a combined basis, 25% of this option grant and a Non-Qualified Stock option grant made on the date of this grant vested one year after the November 3, 2003 grant date with the remaining 75% vesting monthly thereafter over 36 months.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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