

OGRADY JUDITH
Form 4
April 15, 2010

FORM 4

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

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

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
OGRADY JUDITH

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)
04/14/2010

____ Director ____ 10% Owner
____X____ Officer (give title below) ____ Other (specify below)
Sr.VP Regulatory, Quality Assr

PLAINSBORO, NJ 08536

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

6. Individual or Joint/Group Filing(Check
Applicable Line)
____X____ 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	04/14/2010		M ⁽¹⁾		15,000	A	\$ 35.52	46,051	D	
Common Stock	04/14/2010		M ⁽¹⁾		710	A	\$ 32.02	46,761	D	
Common Stock	04/14/2010		M ⁽¹⁾		5,000	A	\$ 32.32	51,761	D	
Common Stock	04/14/2010		M ⁽¹⁾		13,474	D	\$ 44.0397	38,287	D	
Common Stock	04/14/2010		M ⁽¹⁾		192	D	\$ 43.52	38,095	D	

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

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(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 Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
Incentive Stock Option (right to buy)	\$ 32.02	04/14/2010		M ⁽¹⁾	58	⁽²⁾ 11/01/2010	Common Stock	58
Incentive Stock Option (right to buy)	\$ 32.02	04/14/2010		M ⁽¹⁾	230	⁽²⁾ 11/01/2010	Common Stock	230
Incentive Stock Option (right to buy)	\$ 32.02	04/14/2010		M ⁽¹⁾	230	⁽²⁾ 11/01/2010	Common Stock	230
Incentive Stock Option (right to buy)	\$ 32.32	04/14/2010		M ⁽¹⁾	5,000	⁽³⁾ 06/01/2010	Common Stock	5,000
Incentive Stock Option (right to buy)	\$ 35.52	04/14/2010		M ⁽¹⁾	1,526	⁽⁴⁾ 11/15/2010	Common Stock	1,526
Non-Qualified Stock Option (right to buy)	\$ 32.02	04/14/2010		M ⁽¹⁾	192	⁽²⁾ 11/01/2010	Common Stock	192
Non-Qualified Stock Option (right to buy)	\$ 35.52	04/14/2010		M ⁽¹⁾	13,474	⁽⁴⁾ 11/15/2010	Common Stock	13,474

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer

Other

OGRADY JUDITH
311 C ENTERPRISE DRIVE
PLAINSBORO, NJ 08536

Sr.VP Regulatory, Quality Assr

Signatures

/s/ Kathryn Lamping;
Attorney-in-Fact

04/15/2010

__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 transactions reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan previously adopted by the reporting person.
- (2) 25% of the shares vest on the first anniversary of the grant date of 11/1/2004 and the remaining 75% vest monthly thereafter over 36 months.
- (3) 25% of the shares vest on the first anniversary of the grant date of 06/1/2004 and the remaining 75% vest monthly thereafter over 36 months.
- (4) 25% of the shares vest on the first anniversary of the grant date of 11/15/2004 and the remaining 75% vest 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.

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