

OGRADY JUDITH
 Form 4
 April 15, 2010

FORM 4

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

OMB APPROVAL

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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 *
 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
 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)
 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
Common Stock	04/14/2010		M ⁽¹⁾		710	A	\$ 32.02
Common Stock	04/14/2010		M ⁽¹⁾		5,000	A	\$ 32.32
Common Stock	04/14/2010		M ⁽¹⁾		13,474	D	\$ 44.0397
Common Stock	04/14/2010		M ⁽¹⁾		192	D	\$ 43.52
							46,051
							46,761
							51,761
							38,287
							38,095

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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	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Incentive Stock Option (right to buy)	\$ 32.02	04/14/2010		M ⁽¹⁾	58	⁽²⁾	11/01/2010	Common Stock	5
Incentive Stock Option (right to buy)	\$ 32.02	04/14/2010		M ⁽¹⁾	230	⁽²⁾	11/01/2010	Common Stock	23
Incentive Stock Option (right to buy)	\$ 32.02	04/14/2010		M ⁽¹⁾	230	⁽²⁾	11/01/2010	Common Stock	23
Incentive Stock Option (right to buy)	\$ 32.32	04/14/2010		M ⁽¹⁾	5,000	⁽³⁾	06/01/2010	Common Stock	5,0
Incentive Stock Option (right to buy)	\$ 35.52	04/14/2010		M ⁽¹⁾	1,526	⁽⁴⁾	11/15/2010	Common Stock	1,5
Non-Qualified Stock Option (right to buy)	\$ 32.02	04/14/2010		M ⁽¹⁾	192	⁽²⁾	11/01/2010	Common Stock	19
Non-Qualified Stock Option (right to buy)	\$ 35.52	04/14/2010		M ⁽¹⁾	13,474	⁽⁴⁾	11/15/2010	Common Stock	13,

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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