

HENNEMAN JOHN B III  
 Form 4  
 April 15, 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  
 04/15/2003
  5. If Amendment, Date of Original (Month/Day/Year)
  6. Relationship of Reporting Person(s) to Issuer (Check all applicable)  
 Director  10% Owner  
 Officer (give title below)  Other (specify below)  
 Exec. V.P., Chief Admin.  
 Officer & Secretary
  7. Individual or Joint/Group Filing (Check Applicable Line)  
 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

1) Title of Security	2) Trans- action Date (Month/ Day/Year)	3. Trans- action Code Code V	4. Securities Acquired (A) or Disposed of (D) Amount	A or D	Price
Common Stock	04/14/03	M	4,000	A	\$3.3750
Common Stock	04/14/03	S	4,000	D	\$22.8600

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

1) Title of Derivative Security	2) Conversion or Exercise Price of Derivative Security	3) Trans- action Date	4) Trans- action Code Code V	5) Number of Derivative Securities Acquired (A) or Disposed of (D) A D
Non-Qualified Stock Option (right to buy)	\$3.3750	04/14/03	M	4,000

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

1) Title of Derivative	3) Trans-	7) Title and Amount	8) Price
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Security	action Date	of Underlying Securities	Amount or Number of Shares	of Deri- vative Security
-		Title		
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Non-Qualified Stock Option (right to buy)	04/14/03	Common Stock	4,000	

SIGNATURE OF REPORTING PERSON  
/S/ Henneman, III, John B.  
DATE 04/15/03