SINGLETON JOHN KNOX

Form 4

Stock

Common

December 03 2008

December 0	3, 2008											
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION								_	OMB APPROVAL			
	Washington, D.C. 20549							ON OMB Numbe	9235-0	287		
if no lon subject t Section	Check this box if no longer subject to Section 16. Form 4 or Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,						Estima burden respon	Expires: January 31 2005 Estimated average burden hours per response 0.5				
obligation may con See Institution 1(b).	Section 17((a) of the F	Public U	` '	lding Co	mpar	ny Act	of 1935 or Sect				
(Print or Type	Responses)											
SINGLETON JOHN KNOX Syn				er Name an				5. Relationship of Reporting Person(s) to Issuer				
				THCARE IR]	E REALT	TY T	RUST	(Check all applicable)				
				of Earliest T Day/Year)	Fransaction	1		X Director 10% Owner Officer (give title Other (specify below) below)				
TRUST IN	THCARE REAL CORPORATED, D AVENUE, SUI	3310	12/01/2	2008				ociow)	belov	·)		
				If Amendment, Date Original led(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
NASHVIL	LE, TN 37203							Form filed by Person	y More than O	ne Reporting		
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivativ	e Secu	rities A	Acquired, Disposed	of, or Bene	ficially Owned		
1.Title of Security (Instr. 3)	(Month/Day/Year) Execution Date, if		Date, if	3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price				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)		
Common Stock	12/01/2008			P	300	A		12,091.1617	I	Spouse		
Common Stock								12,123.8662	D			
Common Stock								9,000.2174	I	Living Tru	st	

Trustee for

Adel Road

Management

3,066.8009

I

Common Stock

2,206.305

I

IRA

(9-02)

9. Nu Deriv Secu Bene Own Follo Repo Trans (Insti

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

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

Derivative Security		2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transaction Code (Instr. 8)	of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Securi (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

SINGLETON JOHN KNOX C/O HEALTHCARE REALTY TRUST INCORPORATED 3310 WEST END AVENUE, SUITE 700 NASHVILLE, TN 37203



Signatures

/s/Rita H. Todd as power of attorney

12/03/2008

**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).

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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