

HENNEMAN JOHN B III  
 Form 5  
 February 10, 2003

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

FORM 5  
 ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check box if no longer subject to Section 16.  
 Form 4 or Form 5 obligations may continue.

Form 3 Holdings Reported

Form 4 Transactions Reported

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/Year  
 12/02
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)  
 Director  10% Owner  
 Officer (give title below)  Other (specify below)  
 Sr. V.P., Chief Admin. Officer  
 and 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-<br>action<br>Date<br>(Month/<br>Day/Year) | 3) Trans-<br>action<br>Code | 4) Securities Acquired (A)<br>or Disposed of (D)<br>Amount | A<br>or<br>D Price |
|----------------------|---|-----------------------------|--|--------------------|
|----------------------|---|-----------------------------|--|--------------------|

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

| 1) Title of Derivative<br>Security | 2) Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3) Trans-<br>action<br>Date | 4) Trans-<br>action<br>Code | 5) Number of Derivative<br>Securities Acquired (A)<br>or Disposed of (D)<br>A D |
|------------------------------------|--|-----------------------------|-----------------------------|---|
|------------------------------------|--|-----------------------------|-----------------------------|---|

|                                       |           |          |   |     |
|---------------------------------------|-----------|----------|---|-----|
| Incentive Stock Option (right to buy) | \$14.8700 | 08/02/02 | A | 835 |
| Incentive Stock Option (right to buy) | \$14.8700 | 08/02/02 | A | 834 |

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to buy)  
 Non-Qualified Stock Option \$14.8700 08/02/02 A 4,165  
 (right to buy)  
 Non-Qualified Stock Option \$14.8700 08/02/02 A 4,166  
 (right to buy)

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

| 1) Title of Derivative Security           | 3) Transaction Date | 7) Title and Amount of Underlying Securities | 8) Price of Derivative Security |
|---|---------------------|--|---------------------------------|
|   |                     | Title  | Amount or Number of Shares      |
| -   |                     |  |                                 |
| Incentive Stock Option (right to buy)     | 08/02/02            | Common Stock                                 | 835                             |
| Incentive Stock Option (right to buy)     | 08/02/02            | Common Stock                                 | 834                             |
| Non-Qualified Stock Option (right to buy) | 08/02/02            | Common Stock                                 | 4,165                           |
| Non-Qualified Stock Option (right to buy) | 08/02/02            | Common Stock                                 | 4,166                           |

SIGNATURE OF REPORTING PERSON  
 /S/ Henneman, III, John B.  
 DATE 02/10/03