FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

| Vashington, | D.C. | 20549 | |
|-------------|------|-------|--|
| vasimigton, | D.C. | 20040 | |

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

| | ROVAL | | | | | | |
|--------------------------|-----------|--|--|--|--|--|--|
| OMB Number: | 3235-0287 | | | | | | |
| Estimated average burden | | | | | | | |
| hours ner resnonse. | 0.5 | | | | | | |

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| Name and Address of Reporting Person* <u>Lande Jerome J.</u> ——————————————————————————————————— | | | | CC | 2. Issuer Name and Ticker or Trading Symbol CONMED Corp [CNMD] | | | | | | | | | eck all appli X Directo | cable) or | ng Per | rson(s) to Iss | wner | |
|--|---|--|----------------------------------|----------------------------|--|---|--|--|--|---------------------------------------|---|---|--|---------------------------------------|---|---|----------------|--|---|
| (Last) | , | , | (Middle) | | | Date of Earliest Transaction (Month/Day/Year) 5/01/2023 | | | | | | | | | Officer (give title Other (spe below) below) | | | | specify |
| 11311 C | | RPORATION SOULEVARD | | | 4. If | Ame | endment | , Date | of Original I | -iled | (Month/Da | ay/Yea | r) | Line | e) <mark>X</mark> Form f | iled by One | e Rep | g (Check Ap orting Person | on |
| (Street) LARGO | Fl | L | 33773 | | | | | | | | | | | | Persor | | ie iiiai | TI One Repu | Tung |
| (City) | ty) (State) (Zip) | | | | | Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. | | | | | | | | | | | | | |
| | | | le I - Nor | | | _ | | | cquired, I | Disp | 1 | | | | _ | | | | |
| 1. Title of | Security (Ins | tr. 3) | | 2. Trans Date (Month | saction /Day/Yea | ay/Year) Execu | | ned n Date ay/Ye | ransac Code (Ir | Transaction Dispos Code (Instr. 5) | | rities Acquired (A) ed Of (D) (Instr. 3, | | | Benefic | es ially Following | Forn (D) o | n: Direct or Indirect nstr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
| | | | | | | | | | Code | v | Amount | | A) or D) | Price | Transac (Instr. 3 | tion(s) | | | (111501.4) |
| Common | Stock | | Common Stock 06/01/ | | | | | | M | | 335 | 335 A | | \$0 | 3, | 3,554 | | D | |
| | | | | | | | | | | | | | | | | | | | |
| | | T | | | | | | | quired, Di | | | | | | Owned | | | • | |
| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | | (e.g., ped Date, | | tion | 5. Num | nber tive ties red sed | quired, Di s, option 6. Date Exe Expiration I (Month/Day | s, Co rcisal Date | onvertil | 7. Titl Amou Secur Unde Deriv | ecuri e and unt of rities rlying | ties) | 8. Price of Derivative Security (Instr. 5) | 9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4) | e S Illy | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | Beneficial Ownership (Instr. 4) |
| Derivative Security | Conversion or Exercise Price of Derivative | 3. Transaction Date | 3A. Deeme Execution if any | (e.g., ped Date, | 4. Transac Code (Ir | tion | 5. Num of Deriva Securi Acquir (A) or Dispos of (D) (Instr. | nber tive ties red sed | 6. Date Exe Expiration I | rcisal Date /Year | onvertil | 7. Titl Amou Secur Unde Deriv | e and unt of rities rlying ative S . 3 and | ecurity 4) | 8. Price of Derivative Security | derivative Securities Beneficial Owned Following Reported Transactio | e S Illy | Ownership Form: Direct (D) or Indirect | of Indirect Beneficial Ownership (Instr. 4) |
| Derivative Security | Conversion or Exercise Price of Derivative | 3. Transaction Date | 3A. Deeme Execution if any | (e.g., ped Date, | 4. Transac Code (Ir 8) | etion nstr. | 5. Num of Deriva Securi Acquir (A) or Dispos of (D) (Instr and 5) | nber tive ties red sed 3, 4 | S, Option 6. Date Exe Expiration I (Month/Day | rcisal Date JYear | DIVERTII | 7. Titl Amou Secul Unde Deriv (Instr | le and unt of rities rlying ative S . 3 and | ecurity 4) | 8. Price of Derivative Security | derivative Securities Beneficial Owned Following Reported Transactio | e S Illy | Ownership Form: Direct (D) or Indirect | of Indirect Beneficial Ownership (Instr. 4) |
| Derivative Security (Instr. 3) | Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deeme Execution if any | (e.g., ped Date, | Outs, C 4. Transac Code (Ir 8) | etion nstr. | 5. Num of Deriva Securi Acquir (A) or Dispos of (D) (Instr and 5) | nber stive tites red sed 3, 4 | S, Option 6. Date Exe Expiration I (Month/Day | S, CC rcisal Date JYear JYear J | ponvertil ble and) xpiration ate | 7. Titl Amou Secun Unde Deriv (Instr | e e and ant of rities rlying ative S S and S S S S S S S S S S S S S S S S S S S | ecurity 4) amount or lumber of shares | 8. Price of Derivative Security (Instr. 5) | derivative Securities Beneficial Owned Following Reported Transactic (Instr. 4) | e S Illy | Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | of Indirect Beneficial Ownership (Instr. 4) |

Explanation of Responses:

- 1. Each restricted stock unit ("RSU") represents a contingent right to receive one share of common stock, par value \$0.01 per share of ConMed Corporation (the "Company") and will be subject to the terms and conditions of the Company's 2020 Amended and Restated Non-Employee Director Equity Compensation Plan, with the RSUs generally vesting 100% after a one year period.
- 2. The stock options were granted under the Company's 2020 Amended and Restated Non-Employee Director Equity Compensation Plan and generally vest 100% after a one year period.

/s/ Daniel S. Jonas for Jerome J. Lande by Power of Attorney

06/02/2023

** Signature of Reporting Person

Date

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

- * 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.

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