FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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on, D.C. 20549	OMB Number:	3235-0287				
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1	to Section 16. Form 4 or Form 5
l	obligations may continue. See
_	Instruction 1(h)

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

	RYNISKI MARK E					2. Issuer Name and Ticker or Trading Symbol CONMED CORP [CNMD]									of Reporting Per cable) r		10% Owner	
(Last)	(Firs	,	(liddle		3. Date of Earliest Transaction (Month/Day/Year) 06/01/2011								Officer (give title below)		Other (sp below)		pecify	
1964 PEN	NFOLD WA	.Y	4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Application) Line)							plicable								
(Street) BALDWI	INSVILLE 1	NY	13027))	Form fil	ed by Mor		orting Persor One Repor	
(City)	(Sta	ite) (Z	ip)															
		Table	e I - N	on-Deriv	ative S	ecı	urities	s Acq	uired, l	Disp	osed of,	or Ber	neficiall	y Owned				
Date			2. Transac Date (Month/Da	y/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		3. 4. Securiti Disposed and 5)					Securitie Beneficia Owned	s Form		: Direct o	Nature f Indirect eneficial wnership		
									Code	v	Amount	(A) or (D)	Price	Followin Reported Transact (Instr. 3	d tion(s)	(Instr	. 4) (1	nstr. 4)
Common Stock 0			06/01/2	2011			M		200	A	\$0	3,800			D			
Common	Stock			06/01/2	2011				M		2,000	A	\$0	5,800 D		D		
			Tab	le II - Deri (e.g.							sed of, or nvertible			vned				
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. Transac Code (Ir 8)			6. Date Exerci Expiration Da (Month/Day/Y		ite	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securitie Beneficia Owned Followin Reported Transact (Instr. 4)	re es ally ig d	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa	ble	Expiration Date	Title	Amount or Number of Shares					
Rsus (restricted Stock Units)	\$0	06/01/2011			M			200	(1)		06/01/2019	Common Stock	200	\$0	600)	D	
Rsus (restricted Stock Units)	\$0	06/01/2011			M			2,000	06/01/201	11 ⁽²⁾	06/01/2020	Common Stock	2,000	\$0	0		D	

Explanation of Responses:

\$27.63

(restricted

Stock Units) Sars (Stock

Appreciation

Rights)

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 2007 Amended and Restated Non-Employee Director Equity Compensation Plan, with the RSUs generally vesting 20% per year over a five year period, with any unvested RSUs to vest and be delivered upon the Director's termination of service provided the Director has completed one full year of service since the date of the award.

06/01/2012(2)

06/01/2012(3)

06/01/2021

06/01/2021

- 2. 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 2007 Amended and Restated Non-Employee Director Equity Compensation Plan, with the RSUs generally vesting 100% after a one year period.
- 3. The stock appreciation rights ("SARs") were granted under the Company's 2007 Amended and Restated Non-Employee Director Equity Compensation Plan, with the SARs generally vesting 100% after a one

Daniel S. Jonas for Mark E. Tryniski by Power of Attorney

3,000

1,000

Stock

Commor

\$<mark>0</mark>

\$0

06/03/2011

1,000

D

** Signature of Reporting Person

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).

06/01/2011

06/01/2011

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

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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.	