Form 144 Filer Information

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

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK	0001238334
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	
Submission Contact Information	

Name	
Phone	
E-Mail Address	

144: Issuer Information

Name of Issuer	CONMED Corp
SEC File Number	001-39218
Address of Issuer	11311 CONCEPT BOULEVARD
	LARGO
	FLORIDA
	33773
Phone	727-214-2974
Name of Person for Whose Account the	lance Derick O
	Jonas Daniel S
Securities are To Be Sold	

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	
	Director

144: Securities Information

Title of the Class of Securities To Be Sold	Common
Name and Address of the Broker	Fidelity Brokerage Services LLC 900 Salem Street Smithfield RI 02917
Number of Shares or Other Units To Be Sold	10400
Aggregate Market Value	1000104.22
Number of Shares or Other Units Outstanding	30499439
Approximate Date of Sale	03/02/2023
Name the Securities Exchange	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold		
Title of the Class	Common	
Date you Acquired	03/02/2023	
Nature of Acquisition Transaction	Option Granted - 03/01/2018	

Name of Person from Whom Acquired	Issuer		
Is this a Gift?	Checkbox not checked	Date Donor Acquired	
Amount of Securities Acquired	5400		
Date of Payment	03/02/2023		
Nature of Payment	Cash		

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common		
Date you Acquired	03/02/2023		
Nature of Acquisition Transaction	Option Granted - 03/01/2019		
Name of Person from Whom Acquired	Issuer		
Is this a Gift?	Checkbox not checked	Date Donor Acquired	
Amount of Securities Acquired	5000		
Date of Payment	03/02/2023		
Nature of Payment	Cash		

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report

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144: Remarks and Signature

Remarks	
Date of Notice	03/02/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Wade Moss, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Daniel Jonas

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)