

OMB APPROVAL	
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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

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

1. Name and Address of Reporting Person* TRYNISKI MARK E			2. Issuer Name and Ticker or Trading Symbol CONMED Corp [CNMD]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner Officer (give title below) Other (specify below)	
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/05/2021		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person	
(Street) BALDWINVILLE NY 13027			4. If Amendment, Date of Original Filed (Month/Day/Year)			
(City)	(State)	(Zip)				

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/05/2021		M		4,892	A	\$51.9	13,188	D	
Common Stock	11/05/2021		S		4,792	D	\$156.508 ⁽¹⁾	8,396	D	
Common Stock	11/05/2021		S		100	D	\$157.11	8,296	D	
Common Stock	11/05/2021		M		3,399	A	\$69.03	11,695	D	
Common Stock	11/05/2021		S		2,899	D	\$156.439 ⁽²⁾	8,796	D	
Common Stock	11/05/2021		S		500	D	\$157.061 ⁽³⁾	8,296	D	
Common Stock	11/05/2021		M		2,886	A	\$79.94	11,182	D	
Common Stock	11/05/2021		S		2,386	D	\$156.436 ⁽⁴⁾	8,796	D	
Common Stock	11/05/2021		S		500	D	\$156.949 ⁽⁵⁾	8,296	D	
Common Stock	11/05/2021		M		1,843	A	\$73.94	10,139	D	
Common Stock	11/05/2021		S		1,743	D	\$156.483 ⁽⁶⁾	8,396	D	
Common Stock	11/05/2021		S		100	D	\$157.05	8,296	D	

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

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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Options To Purchase Common Stock	\$51.9	11/05/2021		M		4,892		06/01/2018 ⁽⁷⁾	06/01/2027	Common Stock	4,892	\$0	0	D	
Options To Purchase Common Stock	\$69.03	11/05/2021		M		3,399		06/01/2019 ⁽⁷⁾	06/01/2028	Common Stock	3,399	\$0	0	D	
Options To Purchase Common Stock	\$79.94	11/05/2021		M		2,886		06/01/2020 ⁽⁷⁾	06/03/2029	Common Stock	2,886	\$0	0	D	
Options To Purchase Common Stock	\$73.94	11/05/2021		M		1,843		06/01/2021 ⁽⁸⁾	06/01/2030	Common Stock	1,843	\$0	0	D	

Explanation of Responses:

- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$156.01 to \$156.96. Full information regarding the number of shares sold at each separate price will be provided upon request of the Commission staff, CONMED, or a CONMED security holder.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$155.82 to \$156.81. Full information regarding the number of shares sold at

each separate price will be provided upon request of the Commission staff, CONMED, or a CONMED security holder.

3. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$156.83 to \$157.37. Full information regarding the number of shares sold at each separate price will be provided upon request of the Commission staff, CONMED, or a CONMED security holder.

4. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$155.81 to \$156.76. Full information regarding the number of shares sold at each separate price will be provided upon request of the Commission staff, CONMED, or a CONMED security holder.

5. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$156.86 to \$157.12. Full information regarding the number of shares sold at each separate price will be provided upon request of the Commission staff, CONMED, or a CONMED security holder.

6. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$156.01 to \$156.96. Full information regarding the number of shares sold at each separate price will be provided upon request of the Commission staff, CONMED, or a CONMED security holder.

7. The incentive stock options ("ISOs") were granted under the Company's 2016 Amended and Restated Non-Employee Director Equity Compensation Plan and generally vest 100% after a one year period.

8. 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.

Sarah M Olikier for Mark E.
Tryniski by Power of Attorney. 11/08/2021

** 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.