

Glover Ashley Chaffin  
Form 144  
August 21, 2012

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

OMB APPROVAL  
OMB 3235-0101  
Number:

Expires: February  
28, 2014

Estimated average  
burden  
hours per 1.00  
response

SEC USE ONLY  
DOCUMENT  
SEQUENCE NO.

CUSIP NUMBER

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale

**Item 8.01. Other Events**

On April 30, 2012 Symmetry Medical Inc. (“the Company”) released a press release entitled, “Symmetry Medical to Present at the 2012 Bank of America Merrill Lynch Health Care Conference,” in which the Company announced that it will present at the 2012 Bank of America Merrill Lynch Health Care Conference being held in Las Vegas May 16, 2012. The Company will present at 4:20 p.m. A live webcast will be available on the Company’s web site. Further details are included in the press release, which is being furnished as Exhibit 99.1.

**Item 9.01. Financial Statements and Exhibits**

(d) Exhibits

99.1 “Symmetry Medical to Present at the 2012 Bank of America Merrill Lynch Health Care Conference,” Press Release issued by Symmetry Medical, Inc. dated April 30, 2012.

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**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Symmetry Medical Inc.

/s/ Fred L. Hite

Date: April 30, 2012 Name: Fred L. Hite

Title: Chief Financial Officer

**EXHIBIT INDEX**

**Exhibit**

No.	Description
99.1	“Symmetry Medical to Present at the 2012 Bank of America Merrill Lynch Health Care Conference,” Press Release issued by Symmetry Medical, Inc. dated April 30, 2012.

an="3" valign="top" width="14%" style="BORDER-RIGHT: black 2px solid; BORDER-LEFT: black 2px solid; BORDER-BOTTOM: black 2px solid"> 2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD

(b) RELATIONSHIP TO ISSUER

(c) ADDRESS STREET

CITY

STATE

ZIP CODE

Ashley Chaffin Glover  
 Officer  
 4000 International Parkway  
 Carrollton  
 TX  
 75007

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3 (a)	(b)	SEC USE ONLY	(c)	(d)	(e)	(f)	(g)
Title of the Class of Securities To Be Sold	Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	Broker-Dealer File Number	Number of Shares or Other Units To Be Sold (See instr. 3(c))	Aggregate Market Value (See instr. 3(d))	Number of Shares or Other Units Outstanding (See instr. 3(e))	Approximate Date of Sale (See instr. 3(f)) (MO. DAY YR.)	Name of Each Securities Exchange (See instr. 3(g))
common	Deutsche Bank Alex. Brown 100 International Dr., 22nd Fl Baltimore, MD 21202		35,000	892,500	73 million	8/21/2012	NASD

**INSTRUCTIONS:**

- |    |                           |   |
|----|---------------------------|---|
| 1. | (a) Name of issuer<br>(b) | 3. (a) Title of the class of securities to be sold<br>(b) |
|----|---------------------------|---|

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|-----|--|--|
|     | Issuer's I.R.S. Identification Number  | Name and address of each broker through whom the securities are intended to be sold  |
| (c) | Issuer's S.E.C. file number, if any  | (c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)  |
| (d) | Issuer's address, including zip code   | (d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to filing of this notice   |
| (e) | Issuer's telephone number, including area code   | (e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer |
|     |  | (f) Approximate date on which the securities are to be sold  |
| 2.  | (a) Name of person for whose account the securities are to be sold   | (g) Name of each securities exchange, if any, on which the securities are intended to be sold  |
|     | (b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing) |  |
|     | (c) Such person's address, including zip code  |  |

Potential persons who are to respond to the collection of information contained in this form are SEC 1147 not required to respond unless the form displays a currently valid OMB control number. (08-07)

**TABLE I — SECURITIES TO BE SOLD**

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:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
common	8/21/2012	Stock Option Exercise vs grant date 02-26-09	Issuer	35,000	8/21/2012	Cashless

**INSTRUCTIONS:** 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.

**TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS**

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.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Ashley Chaffin Glover 4000 International Parkway Carrollton, TX 75007	common	8/7/2012	45,000	1102500

**EXPLANATION OF RESPONSES:**

**REMARKS:**

**INSTRUCTIONS:**

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.

**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.

August 21, 2012  
DATE OF NOTICE

/s/ Ashley Chaffin Glover  
(SIGNATURE)

DATE OF PLAN ADOPTION OR  
GIVING OF INSTRUCTION, IF  
RELYING ON RULE 10B5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

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

SEC 1147 (02-08)

REMARKS: