

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

☐ 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

☐ Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person* <u>ORTENZIO ROBERT A</u>  (Last) (First) (Middle) <u>C/O CONCENTRA GROUP HOLDINGS PARENT, INC</u> <u>5080 SPECTRUM DRIVE, SUITE 1200W</u>  (Street) <u>ADDISON TX 75001</u>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Concentra Group Holdings Parent, Inc. [ CON ]</u>  3. Date of Earliest Transaction (Month/Day/Year) <u>03/03/2025</u>  4. If Amendment, Date of Original Filed (Month/Day/Year)	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)  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
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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	03/03/2025		J <sup>(1)</sup>		3,070,367	D	\$0	0	I	By the Rocco A. Ortenzio Separate Exempt Descendants Trust
Common Stock	03/03/2025		J <sup>(2)</sup>		1,023,455	A	\$0	1,023,455	I	The Rocco A. Ortenzio Separate Descendants Trust FBO Robert Ortenzio
Common Stock								5,526,046	D	
Common Stock								1,032,115	I	By the Robert A. Ortenzio Descendants Trust
Common Stock								226,286	I	By the Robert A. Ortenzio 2014 Trust for Bryan A. Ortenzio
Common Stock								226,286	I	By the Robert A. Ortenzio 2014 Trust for Kevin M. Ortenzio
Common Stock								226,286	I	By the Robert A. Ortenzio 2014 Trust for Madeline G. Ortenzio

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	Amount or Number of Shares				

Explanation of Responses:

1. The Rocco A. Ortenzio Separate Exempt Descendants Trust transferred in the aggregate 3,070,367 shares of Company's common stock to the Rocco A. Ortenzio Separate Descendants FBO Robert Ortenzio, the Rocco A. Ortenzio Separate Descendants FBO John Ortenzio and the Rocco A. Ortenzio Separate Descendants FBO Martin Ortenzio. There was no consideration paid for such distribution.
2. The reporting person received 1,023,455 shares of Company's common stock from the Rocco A. Ortenzio Separate Exempt Descendants Trust. The shares are held by the Rocco A. Ortenzio Separate Descendants Trust FBO Robert A. Ortenzio. There was no consideration paid for such distribution.

/s/ Timothy Ryan, Attorney-in-Fact 03/04/2025

\*\* 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.