

144: Filer Information

Filer CIK	0000918697
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST

Submission Contact Information

Name	
Phone	
E-Mail Address	

144: Issuer Information

Name of Issuer	Concentra Group Holdings Parent, Inc.
SEC File Number	001-42188
Address of Issuer	5080 SPECTRUM DRIVE SUITE 1200W ADDISON TEXAS 75001
Phone	(972) 364-8000
Name of Person for Whose Account the Securities are To Be Sold	ORTENZIO ROBERT A

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
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144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name of the Securities Exchange
Common	UBS Financial Services Inc. Eleven Madison Avenue 4th Floor New York NY 10010	5589	166831.65	127961780	06/29/2026	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	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
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				a Gift?				
Common	10/26/2024	Private Purchase of Stock	Issuer	<input type="checkbox"/>		5589	10/26/2024	NA

* 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

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
The Rocco A Ortenzio Trust FBO Robert Ortenzio DTD 10/26/2024 5080 SPECTRUM DRIVE SUITE 1200W ADDISON TX 75001	Common	05/08/2026	130000	3250000.00
The Rocco A Ortenzio Trust FBO Robert Ortenzio DTD 10/26/2024 5080 SPECTRUM DRIVE SUITE 1200W ADDISON TX 75001	Common	06/01/2026	130000	3250026.00
The Revocable Trust of Rocco A Ortenzio DTD 08/14/07 As Amended 5080 SPECTRUM DRIVE SUITE 1200W ADDISON TX 75001	Common	06/26/2026	53527	1612040.54

144: Remarks and Signature

Remarks

5,589 shares were sold under The Revocable Trust of Rocco A Ortenzio DTD 08/14/07 As Amended

Date of Notice

06/29/2026

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1

05/28/2025

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/ UBS Financial Services Inc, as attorney-in-fact for Robert Ortenzio

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