Form 8-K November 19, 2012						
UNITED STATES						
SECURITIES AND EXCH	ANGE COMMISSION					
Washington, D.C. 20549						
FORM 8-K						
CURRENT REPORT						
Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934						
Date of Report (Date of earliest event reported): November 16, 2012						
SYMMETRY MEDICAL INC.						
(Exact name of Registrant as specified in its charter)						
Delaware	333-116038	35-1996126				
(State or other jurisdiction	(Commission File Number)	(IRS Employer				
Of incorporation)	(Commission File Number)	Identification No.)				

3724 N State Road 15, Warsaw, Indiana 46582

(Address of Principal executive offices, including Zip Code)

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(574) 268-2252						
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(Registrant's telephone number, including area code)

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- "Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- "Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- "Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- "Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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Item 8.01 Other Events.

On November 16, 2012 the Board of Directors of Symmetry Medical Inc. (the "Company"), adopted Amendment No. 2 (the "Amendment") to the Company's 2004 Employee Stock Purchase Plan (the "Plan"). Pursuant to the terms of the Plan, the Amendment does not require stockholder approval and therefore is effective immediately. The Amendment modifies the Plan to clarify that eligible compensation includes commissions earned by the Company's salespeople. The Amendment also provides that fractional shares may be purchased to facilitate recordkeeping and avoid participants retaining an amount less than the price of a single share in their accounts after each purchase.

The description of the Amendment does not purport to be complete and is qualified in its entirety by reference to the Amendment, a copy of which is filed as Exhibit 10.73 to this report.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits. The following exhibits are filed herewith:

Exhibit No. Description

10.73 2004 Employee Stock Purchase Plan, as amended June 1, 2005 and November 16, 2012

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: November 16, 2012 Name: Fred L. Hite

Title: Chief Financial Officer