

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

OMB APPROVAL	
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1. Name and Address of Reporting Person * OBRIEN THOMAS M (Last) (First) (Middle) KADANT INC. ONE ACTON PLACE, SUITE 202 (Street) ACTON MA 01720 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol KADANT INC [KAI]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) CFO, TREASURER, EXECUTIVE VP
	3. Date of Earliest Transaction (Month/Day/Year) 08/11/2006	

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	08/11/2006		M		100	A	\$13.05	12,924	D	
Common Stock	08/11/2006		S		100	D	\$23.24	12,824	D	
Common Stock	08/11/2006		M		5,200	A	\$13.05	18,024	D	
Common Stock	08/11/2006		S		5,200	D	\$23.2	12,824	D	
Common Stock	08/11/2006		M		1,100	A	\$13.05	13,924	D	
Common Stock	08/11/2006		S		1,100	D	\$23.11	12,824	D	
Common Stock	08/11/2006		M		100	A	\$13.05	12,924	D	
Common Stock	08/11/2006		S		100	D	\$23.09	12,824	D	
Common Stock	08/11/2006		M		100	A	\$13.05	12,924	D	
Common Stock	08/11/2006		S		100	D	\$23.08	12,824	D	
Common Stock	08/11/2006		M		200	A	\$13.05	13,024	D	
Common Stock	08/11/2006		S		200	D	\$23.06	12,824	D	
Common Stock	08/11/2006		M		1,700	A	\$13.05	14,524	D	
Common Stock	08/11/2006		S		1,700	D	\$23.05	12,824	D	
Common Stock	08/11/2006		M		800	A	\$13.05	13,624	D	
Common Stock	08/11/2006		S		800	D	\$23.04	12,824	D	
Common Stock	08/11/2006		M		1,100	A	\$13.05	13,924	D	
Common Stock	08/11/2006		S		1,100	D	\$23.03	12,824	D	
Common Stock	08/11/2006		M		400	A	\$13.05	13,224	D	
Common Stock	08/11/2006		S		400	D	\$23.02	12,824	D	
Common Stock	08/11/2006		M		1,500	A	\$13.05	14,324	D	
Common Stock	08/11/2006		S		1,500	D	\$23.01	12,824	D	
Common Stock	08/11/2006		M		8,000	A	\$13.05	20,824	D	
Common Stock	08/11/2006		S		8,000	D	\$23	12,824	D	
Common Stock	08/11/2006		M		450	A	\$13.05	13,274	D	

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

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Table 1. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of 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
Employee Stock Option (Right to Buy)	\$13.05	08/11/2006		M		24,550	12/10/2001	12/10/2008	Common Stock	24,550	\$0	71,200	D	

Explanation of Responses:

Remarks:

THE TRANSACTIONS REPORTED ON THIS FORM 4 WERE EXECUTED PURSUANT TO A RULE 10b5-1 TRADING PLAN.

Sandra L. Lambert for Thomas M. O'Brien 08/15/2006

** 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.