



Bonking with Bentley

Exercise Intervention Case Study
Jordan T. Lee

Bentley

- 10h Shetland pony
 - Cute but fat
 - Grazing muzzle when in pasture (not tolerated)
- **2006** (8 yo)
 - Acute laminitic bout w/ Coffin bone rotation
- **2007-2012** = Maintained
 - 6mm soles, **Significant soreness with conservative trimming**
 - Moved to dry lot + soaked hay



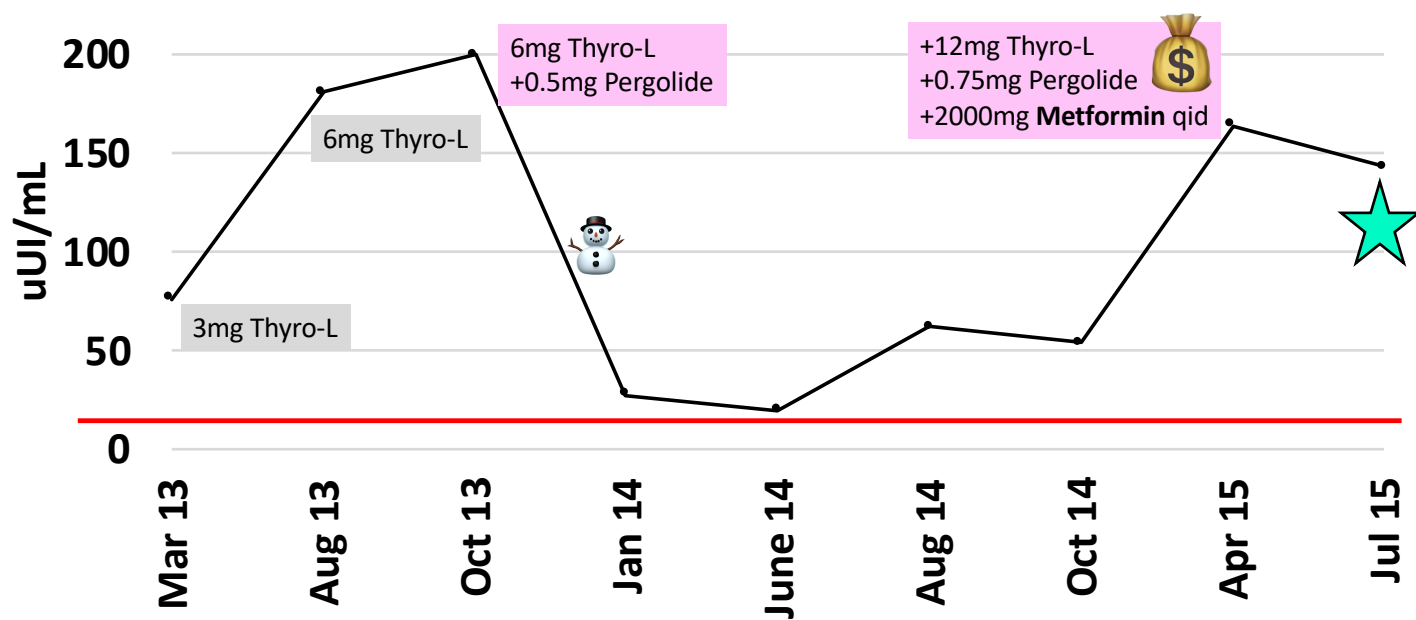
Natural loss in activity with pasture & food changes

Baseline Bloodwork

- **2013** (15 yo)
 - March: Completed bloodwork
 - Insulin: **76** (10-40 uUI/mL)
 - ACTH: 17.1 (9-35 pg/mL)
 - Leptin: **4.6** (1-4 ng/mL)

Normal coat + Fatty deposits
EMS >> PPID
+ 3mg Thyro-L

Insulin (March 2013 – July 2015)



★ Couch to 5K: Shetland Style

- Approved to exercise by vet
- 10-week in-hand running program
 - Longeing poorly tolerated 😊
- 3-5 days/week
- Progressive intensity
 - Polar Heart rate monitor worn by handler



Intervention Summary

Week	Frequency (d/wk)	Total Time (min)	Total Walk (min)	Total Trot (min)	Trot Sets (#)	Intensity ❤️*
1	3	20	20	0	0	low
2	3	27	11.3	11	8	low/moderate
3	5	29	9	15.2	5.4	moderate
4	5	29	12.4	12.3	4	moderate
5	3	35	6.7	25.3	7.7	moderate
6	5	30	6.6	23.75	5	moderate
7	4	31	4.25	23.5	5	moderate
8	4	32	5	23.5	6	moderate/high
9	4	31	4	24	5	moderate/high
10	5	33	4.6	24.2	4.7	moderate
Avg.	4.1	29.7	8.4	18.3	5.1	moderate

* ❤️ Intensity (bpm): Low: 140's Mod: 150's High: 160's

Challenges During Training: *Communication Barrier*

- Monitoring intensity : mine vs his
- Keeping Bentley motivated/engaged
- Feedback from Bentley
 - Tired vs. lazy vs. sore?
- Dietary & behavioral changes
- Human got injured 😊



Results: September 2015

Insulin

143



14

BCS

8



5



Fatty Deposits



Muscle Definition
(mass?)



Fitness

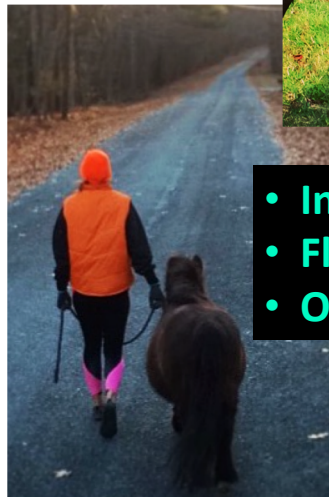


Quality of Life



Present Day (2019)

- Maintained on 0.5mg Pergolide 💰 💰 💰
- No subsequent laminitic events
- New **Monitoring** Challenges:
 - Transition EMS → → PPID
 - Maintaining activity
 - Temperature regulation



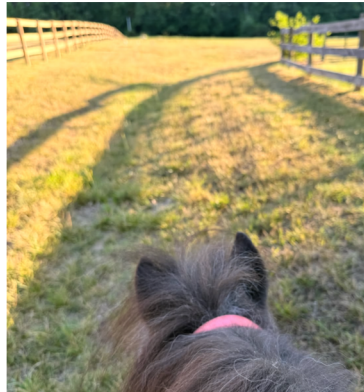
- Individualized monitoring
- Flexible yet specific intervention
- One size ≠ Fit All

In Loving Memory

On June 15, 2026 on a beautiful evening at the most golden of hours,
little Bentley crossed the Rainbow Bridge.

His sprightly spirit and unprecedented sass are deeply missed.
Run free, little man, you are so loved.

To all the vets and farriers who made his journey possible, thank you!



jtleee25 Bentley 2000 - 6/15/26 🌈

Our littlest legend of Wintercreek ❤️ loving you for 22 of your 26 years was a special gift. You came to us as a surprise on Christmas Eve. For a few years you pulled a red cart full of kids and dogs and I named you Bentley so I could "drive a Bentley" long before I got my license. When you outgrew your cart (by width not height!), you became a companion to two retired geldings and a guardian of their wellbeing - despite being a quarter of their size! You were my OG physiology teacher: with a metabolic system as clear as doing a puzzle in the dark, you taught me how to observe and ask, how to think and how to intervene - better than any textbook or training I've had. I took you on hikes and swims, you could even walk up and down stairs. One summer I put you on a running program with me, to your absolute delight, and proved we could get that girth line and wild internal system a bit more sorted out. But that wonderful and wild little spirit was never possible to contain! You were small enough to fit in the tack room and welcomed yourself in there more than once. I've had stitches and bruises and long term injuries because of you but not once were you to blame. Just happy accidents and misplaced sass! Your hooves were the cutest little teacups but were also plagued with a matching delicacy. In the summer you were black and sleek like an eel, in the winter I could mistake you for a tumbleweed with eyes. You were a mighty meatball, completely convinced you were the size of a car and not of a park bench. Your incredibly vibrant whinny and tiniest ears are deeply missed. Run free, in the greenest lush pastures where bellies can eat and hooves can keep the beat - until we meet again 💕



2000 – 6/15/2026