

Hand Tremor

August 2, 2022

You experience tremors in your hands and arms. You have a -(IE) penalty on all Strength and Dexterity checks and saving throws that require fine motor control, including ranged and finesse attack rolls.

Real-world Examples

Amyotrophic Lateral Sclerosis, Ataxia, Multiple Sclerosis, Parkinson's Disease, Hyperreflexia

Assistive Options

Devices that can absorb the vibrations to some degree can help handle utensils. An additional sponge-like grip on handles can help with finger issues. Specialized utensils with long handles or cups with lids can help with eating. Be creative.