

# Muscle Control & Gait Difference

August 2, 2022

You walk with a noticeable limp due to inability to control your leg muscles with precision. Your movement speed is reduced by 20 percent × (IE), and you have a -(IE) penalty on all Dexterity (Acrobatics) checks and Strength (Athletics) checks involving legs.

## Real-world Examples

Multiple Sclerosis, Ménière's Disease, Parkinson's Disease, Chiari malformation (CM), Guillain-Barré Syndrome, Cerebral Palsy, Muscular Dystrophy

## Assistive Options

Leg braces, crutches, walkers, rollators, and canes can reduce the movement penalty by 1 IE, but braces take 1 minute to put on and cannot be worn while sleeping, and the others, unless designed for use as weapons, require one hand to be used for balance. Wheelchairs eliminate the movement penalty and add fifty percent to your dash movement unless on rough terrain, but many actions such as jumping are impossible while sitting in a typical wheelchair.

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## Missing Foot/Leg

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You are missing a foot (IE 1), a leg (IE 2), both feet (IE 3), or both legs (IE 4). In the case of 1 foot or leg, your speed on foot is halved, and you must use a cane or crutch to move at full speed without a mobility aid. You must succeed on a DC 10 + (IE) Dexterity saving throw to avoid falling prone after using the Dash action. You have disadvantage on Dexterity checks made to balance. In the case of two feet or legs missing, you can use your hands to move one fourth your speed for a number of minutes equal to your Constitution score before needing to rest.

### **Real-world Examples**

Amputation, Dysmelia

### **Assistive Options**

A prosthetic leg or foot can eliminate the disadvantage on one missing limb except Dexterity (Acrobatics) checks, but multiple prostheses may be necessary for different uses, such as distance walking vs. running. It must also be adjusted or replaced annually or when you experience any major physical changes, or it gets damaged.

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# **Leg/Foot Hypersensitivity**

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Your feet are more sensitive than most people's, giving

advantage on Wisdom (Perception) checks involving touch with your feet, but any given set of footwear may be unbearably uncomfortable. What feels uncomfortable can change from day to day. (Roll 1d20 each morning. A 1 results in the footwear worn the day before being unbearable until another 1 is rolled on 1d20 another day.) The GM may require Constitution checks for other foot sensitivity-related situations.

### **Real-world Examples**

Sensory Processing Disorder (does not improve senses in real life)

### **Assistive Options**

The solution to this requires keeping a few tolerable pairs of footwear to switch if needed and hope they continue to be tolerable.

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# **Foot Difference**

August 2, 2022



Your feet don't fit within the range of shapes typical for your ancestry. Choose or roll on the following table. These are usually permanent conditions without an IE.

d20	Foot Difference
1-7	Arch Irregularity
8-9	Claw Heel
10-13	Clubfoot
14	Hooves
15	Prehensile Feet
16-20	Toe Walking

- **Arch Irregularity.** The arch in your foot is either too high or too flat (player's choice). This causes foot and back pain when walking long distances, reducing your travel distance when walking by 20 percent.
- **Claw Heel.** Your toes fan out more than usual, and your big toe replaces your heel. This gives you advantage on Dexterity (Acrobatics) checks to balance on unstable surfaces, but you can't wear most footwear, and you can't walk long distances, reducing your walking travel distance by 20 percent.
- **Clubfoot.** Your foot is twisted vertically or even upside-down. This causes a limp and reduces your movement speed by 5 feet.
- **Hooves.** Your feet are hooves, giving you a -1 penalty on Dexterity checks related to balance since the rest of your frame is not designed for hooves, but your hooves cause 2 (1d4) plus your Strength modifier bludgeoning damage.
- **Prehensile Feet.** Your feet look like hands (without opposable thumbs, so unable to use melee weapons) and give you advantage on Dexterity (Acrobatics) checks, but you can't wear most footwear, and you can't walk long distances, reducing your walking travel distance by 20 percent.
- **Toe Walking.** While not deformed, you've walked on your toes since infancy, and your leg muscles have adapted

themselves accordingly. You have difficulty retaining your balance while standing still. You have a -1 penalty on Dexterity checks related to balance, and your walking travel distance is reduced by 10 percent.

### Real-world Examples

Clubfoot, Pes Cavus, Pes Planus, Autism

### Assistive Options

Custom boots, costing an additional 50–100 percent, can assist with some of these. The cobbler must succeed on a DC 8 Proficiency check. Failure ruins the pair, and the cobbler must start over, requiring you to pay for time and materials regardless for each attempt. The boots will look noticeably different (DC 8 Wisdom (Perception) check).

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# Atypical Toes

August 2, 2022



The shape of your toes is outside the range of those typically expected for your ancestry. Choose or roll on the following table. This trait is typically permanent.

*The traits in this book were designed primarily based on humans, so some traits may not make sense for characters of*

*other ancestries. Talons on an avian would be expected, but hooves would not, whereas hooves on a minotaur or tiefling are typical. Polydactyly on a satyr might mean having feet like a human. By exploring fantasy combinations, we gain insight into real-world experiences of having an atypical mind or body.*

<b>d20</b>	<b>Toe Difference</b>
1-3	Atypically-shaped
4-10	Missing toes
11-12	Overgrowth
13-14	Polydactyly
15-16	Syndactyly
17	Talons
18-19	Undergrowth
20	Webbed

- **Atypically shaped.** 1d10 of your toes bend in odd directions, curving sideways or even backwards. (Roll 1d10 for the number of toes, then 1d10 for each to determine which toe.) Depending how many toes are atypically shaped from each foot, you have penalties to Dexterity ability checks and saving throws requiring balance equal to  $-1$  per (number of atypically shaped toes)  $\div 2$ .
- **Missing Toes.** You are missing 1d10 toes. (Roll 1d10 for the number of toes, then 1d10 for each to determine which toe.) Depending how many toes are missing from each foot, you have penalties to Dexterity ability checks and saving throws requiring balance equal to  $-1$  per (number of missing toes)  $\div 2$ .
- **Overgrowth.** 1d10 of your toes are longer than expected for your ancestry. This has no immediate game mechanic but will lead to confusion, fear, or other social effects,

depending on the situation. Boots and other footwear need to be custom made and cost 50–100 percent more than usual.

- **Polydactyly.** You have (IE) extra toes on your foot (/feet). This has no immediate game mechanic but will lead to confusion, fear, or other social effects, depending on the situation. Boots and other footwear need to be custom made and cost 50–100 percent more than usual.
- **Syndactyly.** 1 + (IE) of your toes are fused together. Depending how many toes are fused, you have penalties to Dexterity ability checks and saving throws requiring balance equal to  $-1$  per (number of fused toes)  $\div 2$ .
- **Talons.** Your toes end in claws or talons. This allows you to make an unarmed strength attack that does 2 (1d4) slashing damage if barefoot. Boots and other footwear need to be custom made and cost 50–100 percent more than usual.
- **Undergrowth.** 1d10 of your toes are smaller and weaker than expected. (Roll 1d10 for the number of toes, then 1d10 for each to determine which toe.) Depending how many toes are undergrown from each foot, you have penalties to Dexterity ability checks and saving throws requiring balance equal to  $-1$  per (number of undergrown toes)  $\div 2$ .
- **Webbed.** Your toes are webbed and give you +5 feet on your swimming speed. Boots and other footwear need to be custom made and cost 50–100 percent more than usual.

*In the real world, human webbed digits do not give swimmers any noticeable benefits.*

### **Real-world Examples**

Hammer Toe, Anvil Toe, Curly Toe, Claw Toe, Adductovarus Toe, Syndactyly, Polydactyly, Arthritis

### **Assistive Options**

As described in the above listings, custom boots are necessary

for many of these but do not change game mechanics.

## Magical Assistance

[Boots of Striding and Springing](#) can assist with Dexterity penalties relative to malformed toes at the expense of the jumping benefit.

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# Legs & Feet

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d100	Trait
01–10	<a href="#">Atypical Toes</a>
11–20	Leg/Foot Difference
21	<a href="#">Leg/Foot Hypersensitivity</a>
22–31	Missing Leg/Foot
32–41	<a href="#">Muscle Control &amp; Gait Difference</a>
42–60	<a href="#">Leg/Foot Pain</a>
61–70	<a href="#">Leg/Foot Paralysis &amp; Numbness</a>
71–85	<a href="#">Lower Body Stiffness</a>
86–95	<a href="#">Leg Tremor</a>
96–100	<a href="#">Leg Weakness</a>



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# Arm/Hand Weakness

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Your hands and/or arms (Roll 1d6: 1–2 Hands, 3–4 Arms, 5–6 Both) get weak due to muscle tone or neurological failure. All Strength attack rolls, ability checks and saving throws have a  $-(IE)$  penalty to hit, and all damage is divided by  $(1 + (IE))$ , rounding up.

## Real-world Examples

Arthritis, Myopathy, Tendinitis, Amyotrophic Lateral Sclerosis, Carpal Tunnel Syndrome, Cerebral Palsy, Multiple Sclerosis, Down Syndrome

## Assistive Options

Devices or weapons that strap onto the forearm can assist with hand weakness, as can a device that provides leverage to reduce the strength needed for operation by substituting distance. Be creative!

## Magical Assistance

Magic items that increase strength like [Gauntlets of Ogre Power](#) or the [Belt of Giant Strength](#) items can assist with this but cause excruciating pain if used more than an hour per day, requiring a Constitution check equal to the magical Strength  $- 5$  or take one level of exhaustion per minute after. An item that increases Strength by a specific amount should consider your initial strength to be  $7 - (IE)$ .

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# 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.

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# Strength Control

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You can't control the amount of strength you apply when using your hands and arms. This results in uncontrolled movements and breaking fragile objects. You have a -(IE) penalty on all Strength and Dexterity checks that require fine motor control, including attack rolls.

## Real-world Examples

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

## Assistive Options

An additional sponge-like grip on handles can help with finger issues. Specialized utensils with long handles or sturdy cups with lids can help with eating. Be creative.

## Magical Assistance

The [Telekinesis](#) or [Mage Hand](#) spells and items that duplicate their effects can assist with this for minor tasks.

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# Arm/Hand Stiffness

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Your fingers, wrists, elbows, and/or shoulders (Roll 1d8 (IE) times, 1–4 = right side; 5–8 = left side) are difficult or impossible to move without extreme pain if at all. You have a -(IE) penalty on any action that would use that joint, including attack rolls. When you succeed on a melee attack, the vibrations from the impact are painful, and you need to succeed on a DC 8 + (IE) Constitution check to fight the pain and continue to hold your weapon.

## Real-world Examples

Arthritis, Lupus, Bursitis, Gout

## Assistive Options

A large quantity of fish or flaxseed can help joint stiffness. A diet of at least 1 fish or a serving of flaxseed once per day

for seven days will reduce the IE by 1 as long as maintained. Missing a day will lose the benefit and require starting over. Spending one hour swimming or bathing in warm flowing water will reduce the IE by 1 for 2d6 hours.

### **Magical Assistance**

The [Telekinesis](#) or [Mage Hand](#) spells and items that duplicate their effects can assist with this for minor tasks.