

Leg/Foot Pain

August 2, 2022

You experience chronic pain in your legs and/or feet. Any action that requires concentration (e.g., maintaining a spell) requires a successful DC 10 + (IE) Constitution saving throw per round to maintain concentration. Your daily walking distance is reduced by (IE) × 20 percent. In addition to the usual Frequency, any round when you exert your legs (e.g., running, combat, jumping), you must succeed on a DC (IE) × 2 + 8 Constitution saving throw or experience one level of exhaustion, cumulative each round of exertion, requiring 5d20 × (IE) per level of exhaustion to recover afterward. Because you're used to managing pain, even though this doesn't reduce the experience of pain, you have a +(IE) bonus to saving throws against psychic damage.

Real-world Examples

Subungual Exostosis, Arthritis, Tendinitis, Bursitis, Osgood-Schlatter Disease, Paget's Disease of Bone, Patellofemoral Pain Syndrome, Neuropathy, Sciatica, Varicose Veins, Muscle Spasticity, Complex Regional Pain Syndrome

Assistive Options

Applying ice for 10 minutes or a compression bandage can reduce the pain by 1 IE for 10d6 minutes. Wheelchairs or other mobility devices can help with mobility to reduce your need to walk everywhere.

Magical Assistance

A healing spell can target the legs and reduce the IE by 2 for 1 hour instead of regaining hp.