

Arm/Hand Pain

August 2, 2022

I look fine and healthy, but I'm not, and I can suddenly be in pain even if you can't see it. I sometimes need to rest for my pain to subside even if I look alright.

– Diego Rodríguez

You experience chronic pain in your fingers, hands, and/or arms. Any action that requires concentration (e.g., maintaining a spell) requires a successful DC 10 + (IE) Constitution saving throw per round to maintain concentration. 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. 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

Arthritis, Carpal Tunnel Syndrome, Tendinitis, Gout, Lupus, Neuropathy, Erythromelalgia

Assistive Options

Applying ice for 10 minutes or a compression bandage can reduce the pain by 1 IE for 10d6 minutes per day.

Magical Assistance

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