

Gross Motor Control Loss

August 3, 2022

You have trouble with larger body movements, such as jumping, throwing, walking, running, and maintaining balance. You have a -(IE) penalty on all melee attack rolls to hit and Strength (Athletics) and Dexterity (Acrobatics) checks and Dexterity saving throws. Spells with somatic components usually need to be modified to work within your physical range, requiring (IE) days for every hour normally needed to inscribe into your spellbook and double the cost due to experimentation materials. You may replace one of your other traits with [Muscle Control & Gait Difference](#).

Real-world Examples

Dyspraxia, Friedreich's Ataxia, Wilson's Disease, Parkinson's Disease, Multiple Sclerosis, Cerebral Palsy, Paraneoplastic Syndromes, Neuropathy, Spinal Injuries

Assistive Options

Leg braces, crutches, walkers, rollators, and canes can reduce the IE penalty by 1 for Dexterity checks and saving throws. Braces take one 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.

Fine Motor Control Loss

August 3, 2022

You have trouble making precise movements, especially with your

hands and arms. You have a -(IE) penalty on all Dexterity (Sleight of Hand) checks, Dexterity checks to write, or other attempts to use precision with your hands such as playing a musical instrument. Spells with somatic components usually need to be modified to work within your physical range, requiring (IE) days for every hour normally needed to inscribe into your spellbook and double the cost due to experimentation materials. Transcribing spells with only verbal components into your spellbook takes (IE) × 4 times as long as usual.

Real-world Examples

Dyspraxia, Friedreich's Ataxia, Wilson's Disease, Parkinson's Disease, Multiple Sclerosis, Cerebral Palsy, Paraneoplastic Syndromes, Neuropathy, Spinal Injuries

Assistive Options

Assistance for fine motor control loss takes the form of adapting the space around you to your needs and allowing extra time for anything requiring fine motor movements.

Leg/Foot Paralysis & Numbness

August 3, 2022



You can neither feel nor move 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 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 a -(IE) penalty on Dexterity checks made to balance. In the case of two paralyzed feet or legs, 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. You need to move frequently and protect your legs to avoid sores and injuries.

Real-world Examples

Cerebral Palsy, Hereditary Spastic Paraplegia, Friedreich's Ataxia, Muscular Dystrophy, Amyotrophic Lateral Sclerosis, Parkinson's Disease

Assistive Options

Leg braces and crutches can reduce the movement penalty by 1 IE, but they take 1 minute to put on and cannot be worn while sleeping. Wheelchairs and other mobility aids provide additional options.