

# Leg Tremor

August 2, 2022

Your legs move uncontrollably, giving you a -(IE) penalty on Dexterity (Acrobatics) checks and Dexterity (Stealth) checks.

## Real-world Examples

Pathologic Myoclonus, Restless Leg Syndrome, Huntington's Disease, Amyotrophic Lateral Sclerosis, Hyperreflexia

## Assistive Options

During a short or long rest, succeed on a DC 8 + (IE) Constitution saving throw to reduce the IE by 1.

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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.