

Skeletal Flexibility

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Your tendons and joints are pliable, making basic tasks like sitting upright or moving painful. You take $(IE) \times 10$ percent less damage from all bludgeoning damage. Your movement rate is reduced by $(IE) \times 10$ percent, and you have a $+(IE)$ bonus on all saving throws against bludgeoning, force, or thunder damage, but when you take bludgeoning, force, or thunder damage, you must succeed on a Dexterity saving throw to avoid falling prone as your joints buckle. The DC equals $8 + (IE)$ or half the damage you take, whichever number is higher. If you take damage from multiple sources, such as a club and a ram, you make a separate saving throw for each source of damage. You also can benefit from a $+(IE)$ bonus to all rolls against being restrained or grappled, although this also causes (IE) psychic damage if you use this bonus due to the pain. You've learned a lot about your own bones and joints, so you have a $+(IE)$ bonus to Wisdom (Medicine) checks related to bones and joints. If you have multiple traits, you may choose Dislocation and Hyperelasticity as one or more of them.

Real-world Examples

Ehlers-Danlos Syndrome, Joint Hypermobility Syndrome, Hypophosphatasia, Osteoporosis

Assistive Options

Braces over your limbs and joints can give you a +1 to the Dexterity saving throws to avoid falling prone but also cause a -1 penalty on all Dexterity (Acrobatics) checks.