

Spine Difference

August 2, 2022

Your spine curves, causing you difficulty and pain to straighten it directly upright, if at all. This gives you a -(IE) penalty on all Dexterity (Acrobatics) checks and Strength (Athletics) checks to jump. (Roll 1d12 for the direction of the curve, 12 being straight forward, then clockwise around.)

Real-world Examples

Scoliosis, Kyphosis, Lordosis

Assistive Options

A brace is helpful to prevent curvature from getting worse, although braces can be painful, and some choose to have their back assume whatever position it would naturally move into.