

Leg/Foot Pain

August 2, 2022

You experience chronic pain in your legs and/or feet. Any action that requires concentration (e.g., maintaining a spell) requires a successful DC 10 + (IE) Constitution saving throw per round to maintain concentration. Your daily walking distance is reduced by (IE) × 20 percent. In addition to the usual Frequency, any round when you exert your legs (e.g., running, combat, jumping), you must succeed on a DC (IE) × 2 + 8 Constitution saving throw or experience one level of exhaustion, cumulative each round of exertion, requiring 5d20 × (IE) per level of exhaustion to recover afterward. 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

Subungual Exostosis, Arthritis, Tendinitis, Bursitis, Osgood-Schlatter Disease, Paget's Disease of Bone, Patellofemoral Pain Syndrome, Neuropathy, Sciatica, Varicose Veins, Muscle Spasticity, Complex Regional Pain Syndrome

Assistive Options

Applying ice for 10 minutes or a compression bandage can reduce the pain by 1 IE for 10d6 minutes. Wheelchairs or other mobility devices can help with mobility to reduce your need to walk everywhere.

Magical Assistance

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

Neck/Back Stiffness

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Your spine or neck/back muscles are stiff, resulting in pain when moved sharply or quickly. Whenever anything jarring happens to your body (e.g., making a Strength or Dexterity saving throw, taking damage), you need to succeed on a DC 8 + (IE) × 2 Constitution saving throw. Failure results in taking one level of exhaustion until you take a short rest. This stiffness limits your head and neck movement, so you have a -(IE) penalty on all Wisdom (Perception) checks involving vision against Dexterity (Stealth).

Real-world Examples

Spinal Fusion, Arthritis, Herniated Disc, Sciatica

Assistive Options

Applied heat or cold may help, as can a 1-minute massage. A character with back or neck stiffness will likely have determined what works for them. The player and GM should decide what works effectively, and using such a method will reduce the IE by 1 for 1d6 hours. Spending (IE) hours per day (15 minutes at a time spread throughout the day) stretching the stiff muscles will reduce the IE by 1 until the next stretching session is due. A back brace gives a +2 bonus to the Constitution saving throw from jarring pain. Spending one hour swimming or bathing in warm flowing water will reduce the IE by 1 for 2d6 hours.

Magical Assistance

Applying magical healing specifically to the point of pain

without restoring hp will reduce the IE by 2 for 1d4 hours.