



# LINGERING INJURY SYSTEM

MAKE NEARLY DYING MATTER



## CREDITS

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**Author, Designer, Layout, and Cover Design:** Luke Hart

**Editor:** Danni Arriaga

**Artwork:** Adobe Stock

## CONTACTING THE AUTHOR

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**Email:** [info@thedmlair.com](mailto:info@thedmlair.com)

**Twitter & Instagram:** @TheDMLair

**My Discord Server:** <https://discord.gg/Msat4NB>

## FREE GAME MASTER RESOURCES

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[The DM Lair YouTube Channel](#) - My weekly YouTube videos contain practical information and resources that game masters can use at their tables.

[The DM Lair Twitch Channel](#) - My live streams are a great place to ask me any specific questions you may have.

[The DM Lair Website](#) - Looking for free 5e adventures and other game masters resources—such as NPCs, magic items, puzzles, and traps—to use in your games? Look no further!

[My Discord Server](#) - Join a growing community of game masters and players committed to helping each other run awesome games.

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## FOREWORD

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Basically, this lingering injury system came about because I feel the fifth edition mechanic whereby someone can drop to zero hit points (essentially be on death's door), receive healing, and then be back to full fighting strength with absolutely zero repercussions is unsatisfying.

So, I came up with the idea of having “lingering injuries.” These are basically side effects or consequences that occur whenever a character drops to zero hit points in the game. These side effects take a bit of effort and time to remove, making the character feel some of the pain of having nearly died.

At first, I used a lingering injury table off the internet, but it was incredibly heavy-handed and quite brutal. So, we tweaked that more than a little in my groups, but I was still not totally satisfied with it.

Thus, I created the basic system contained herein based on what we had been using.

My goal with this system is to have some consequences for dropping to zero hit points, but not have them be incredibly brutal like other systems I've found online. I've strived to make this system as balanced as possible for both melee and caster classes.

However, all that said, I still feel this is playtest content, and will probably undergo revisions. In fact, if you decide to use this system in your groups and have feedback based on actually play that you'd like to give, please feel free to reach out to me!

## WHAT YOU'LL FIND HERE

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On the next page, you'll find just a few basic rules for using the system and a chart of lingering injuries. It's pretty simple.

If you're looking for a crazy complex lingering injury system, you won't find that here. Almost nothing I homebrew is rules heavy. In fact, I have a strong aversion to rules-heavy homebrew, so you'll probably never find that sort of thing from me. :)

The following rules govern this system:

- When a character drops to zero hit points, they receive one lingering injury by rolling on the table below.
- Potions and healing spells that cause you to regain hit points are both considered to be magical healing.
- Magical healing used to restore hit points to a character who is at zero hit points does not count toward removing lingering injuries that are removed by magical healing. In such cases, a second application of magical healing is required to remove the lingering injury.
- Unless noted otherwise, expending hit dice to recover hit points over a short rest or taking a long rest removes all lingering injuries from a character.

d12	Injury	Duration
1	<b>Twisted Back.</b> Severe back pain radiates through your body. You have disadvantage on attack rolls, Athletics checks, and Strength and Constitution saving throws.	This condition lasts until you spend ten minutes without moving or taking any actions and you receive magical healing.
2	<b>Broken Leg.</b> Your movement speed is halved. Whenever you attempt to move in combat, you must make a DC 15 Constitution saving throw. On a failed save, you cannot move on that turn.	This condition lasts until you or someone else spends 1 minute to set the break and you receive magical healing.
3	<b>Broken Arm.</b> You cannot hold anything in your primary hand; you have disadvantage on all attack rolls made with your off-hand; you cannot use weapons that require two hands; and spells you cast that require a somatic component have a 50% chance to fail, though no spell slot is consumed.	This condition lasts until you or someone else spends 1 minute to set the break and you receive magical healing.
4	<b>Armor Damage.</b> If you're wearing armor or using a shield, your armor class is reduced by 2.	This condition lasts until you spend ten minutes repairing your armor.
5	<b>Leg Injury.</b> Your movement speed is halved.	This condition lasts until you receive magical healing.
6	<b>Arm Injury.</b> Whenever you take an action in combat, you must make a DC 10 Constitution saving throw. On a failed save, you drop whatever you're holding in your primary hand.	This condition lasts until you receive magical healing.
7	<b>Internal Injury.</b> An internal injury causes excruciating pain when you attempt an action in combat. Whenever you attempt an action in combat, you must make a DC 10 Constitution saving throw. On a failed save, you lose your action.	This condition lasts until you spend ten minutes without moving or taking any actions and you receive magical healing.
8	<b>Winded.</b> You got the wind knocked out of you. On your turn in combat, you can either move or take an action, but not both.	This condition lasts until you spend an entire round without using your movement or action or until you receive magical healing.
9	<b>Bleeding Out.</b> You lose 1d6 hit points at the start of each of your turns.	This condition lasts until either you or someone else uses an action to bind the wound or you receive magical healing.
10	<b>Disoriented.</b> The pain of your injuries disorients you to the world around you. Whenever you move in combat, you must make a DC 10 Constitution saving throw. On a failed save, you move your entire movement speed in a random direction.	This condition lasts 1d4 minutes or until you receive magical healing.
11	<b>Blurred Vision.</b> You have disadvantage on Wisdom (Perception) checks that rely on sight and on ranged attack rolls.	This condition lasts 1d4 minutes or until you receive magical healing.
12	<b>Minor Scar.</b> The scar doesn't have any adverse effect, but chicks dig it.	Only magical healing of 6th level or higher, such as heal and regenerate, removes the scar.