

# Lingering Injury Table

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Heavily Inspired: [https://www.gmbinder.com/share/-LWu\\_LDHSZko9udS4vwN](https://www.gmbinder.com/share/-LWu_LDHSZko9udS4vwN)

This is the way I am dealing with lingering injuries in my Minaria Campaign. There are a few ways where you can cause this table to be rolled and used. Each way of activation causes has different results on the chances of injury.

- If you are hit to 0 hit points ...
  - but not killed outright **+5**
  - with a critical hit **+2**
  - where you also lose 50% of your hit points in a single hit **+0**

These additions to the roll prevent major injuries even with horrid luck but also to halt injuries that a low-level party is unequipped to heal in any way.

Once a character falls below 0 hit points they must figure out what damage causes the last blow and how they were killed to see if they gain a bonus or not. With this knowledge, the character will roll a d20 to see what injury they have.

## Bludgeoning

Die Result	Injury	Effect	Healing
1-2	Broken Leg	Walking Speed halved. Jumping Distance halved.	Heals in 4 weeks' time or DC 15 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 50+ or complete heal.
3-4	Broken Arm	Lose the ability of an arm.	Heals in 4 weeks' time or DC 15 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 50+ or complete heal.
5-6	Broken Ribs	Every time you make an action on your turn you must make a DC 10 CON save or lose your action this turn.	Heals in 4 weeks' time or DC 15 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 50+ or complete heal.
7-8	Broken Nose	Disadvantage on Perception checks made relying on smell.	Heals in 4 weeks' time or DC 15 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 50+ or complete heal.
8-10	Amnesia	You lose the ability to cast one spell chosen at random	Heals in 4 weeks' time or DC 10 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 40+ or complete heal.
11-13	Concussion	Disadvantage on WIS or INT checks and Concentration checks.	Heals in 4 weeks' time or DC 10 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 30+ or complete heal.
13-15	Internal Bruising	Weak to Bludgeoning, Force, and Thunder damage.	Heals in 4 weeks' time or DC 10 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 20+ or complete heal.
15+	Minor Injury	No Effect	N/A

## Piercing

Die Result	Injury	Effect	Healing
1-2	Torn Leg Muscle	Walking speed reduced by 5ft. Jumping distance reduced by 5ft. When you dash you must make a DC DEX saving throw or fall prone afterward.	Heals in 4 weeks' time or DC 15 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 50+ or complete heal.
3-4	Torn Arm Muscle	Lose the ability of an arm.	Heals in 4 weeks' time or DC 15 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 50+ or complete heal.
5-6	Lose an Eye	Disadvantage on Perception (WIS) checks	Greater restoration spell or stronger.
7-8	Internal Bleeding		Heals in 4 weeks' time or DC 15 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 50+ or complete heal.
8-10	Groin Injury		Heals in 2 weeks' time or DC 15 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 30+ or complete heal.
11-13	Cardiac Injury		Heals in 2 weeks' time or DC 10 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 30+ or complete heal.
13-15	Ruptured Organ		Heals in 2 weeks' time or DC 10 Medicine (WIS) success made an hour after the injury cases half the recovery After healing of 30+ or complete heal.
15+	Minor Injury	No Effect	N/A

## Slashing

Die Result	Injury	Effect	Healing
1-2	Lose an Arm		
3-4	Lose a Leg		
5-6	Lose 1d4 Fingers		
7-8	Horrible Disfigurement		
8-10	Ruptured Tendons		
11-13	Hemorrhaging Wound		
13-15	Eye Injury		
15+	Minor Injury	No Effect	N/A

## Acid

Die Result	Injury	Effect	Healing
1-2	Destroyed Arm		
3-4	Destroyed Leg		
5-6	Lose 1d4 Fingers		
7-8	Horrible Disfigurement		
8-10	Neuralgia		
11-13	Exposed Bones		
13-15	Partial Blindness		
15+	Minor Injury	No Effect	N/A

## Cold

Die Result	Injury	Effect	Healing
1-2	Hypothermia		
3-4	Frostbitten Hand		
5-6	Frostbitten Foot		
7-8	Cellular Damage		
8-10	Partial Freeze		
11-13	Neuralgia		
13-15	Thermal Shock		
15+	Minor Injury	No Effect	N/A

## Fire

Die Result	Injury	Effect	Healing
1-2	Burning Flesh		
3-4	Third Degree Burns		
5-6	Second Degree Burns		
7-8	Horrible Disfigurement		
8-10	First Degree Burns		
11-13	Neuralgia		
13-15	Heat Stroke		
15+	Minor Injury	No Effect	N/A

## Force

Die Result	Injury	Effect	Healing
1-2			
3-4			
5-6			
7-8			
8-10			
11-13			
13-15			
15+	Minor Injury	No Effect	N/A

## Lightning

Die Result	Injury	Effect	Healing
1-2	Cardiac Arrest		
3-4	Severe Nerve Damage		
5-6	Fibrillation		
7-8	Muscle Spasms		
8-10	Minor Brain Damage		
11-13	Arc Flesh Burn		
13-15	Cardiac Injury		
15+	Minor Injury	No Effect	N/A



## Necrotic

Die Result	Injury	Effect	Healing
1-2			
3-4			
5-6			
7-8			
8-10			
11-13			
13-15			
15+	Minor Injury	No Effect	N/A

## Poison

Die Result	Injury	Effect	Healing
1-2			
3-4			
5-6			
7-8			
8-10			
11-13			
13-15			
15+	Minor Injury	No Effect	N/A

## Psychic

Die Result	Injury	Effect	Healing
1-2	Roll a d4: <b>Even:</b> Short-Term Madness <b>Odd:</b> Long-Term Madness	You are affected with the designated madness which can be rolled for. This lasts 1d4 hours for the short-term and 1d6 days for the long-term.	Until the madness is cured, or a spell of greater restoration or stronger.
3-4	Indefinite Madness	You are affected by the indefinite madness which is rolled for.	Until the madness is cured, or a spell of greater restoration or stronger.
5-6	Crippling Doubt	Disadvantage on WIS or INT checks and Concentration checks.	Heals in 2 weeks' time or a lesser restoration or stronger.
7-8	Minor Brain Damage	Disadvantage on CHA checks or WIS saving throws.	Heals in 2 weeks' time or a lesser restoration or stronger.
8-10	Phobia	You become deathly scared of what you gained the injury off of and when you are confronted with it you are immediately Frightened.	A spell of greater restoration or stronger.
11-13	Migraine	When in bright light you have disadvantage on Attack Rolls or Perception checks. When you take Thunder damage you are stunned until your next turn.	Heals in a week's time, a lesser restoration and stronger, or 30+ healing.
13-15	Foggy Mind	Disadvantage on Concentration checks.	Heals in a week's time, a lesser restoration and stronger, or 30+ healing.
15+	Minor Injury	No Effect	N/A

## Radiant

Die Result	Injury	Effect	Healing
1-2			
3-4			
5-6			
7-8			
8-10			
11-13			
13-15			
15+	Minor Injury	No Effect	N/A

# Thunder

Die Result	Injury	Effect	Healing
1-2			
3-4			
5-6			
7-8			
8-10			
11-13			
13-15			
15+	Minor Injury	No Effect	N/A