

# McGill Pain Index

We All Have a Goal in Sight; Let Us Reach It Together!

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The McGill Pain Index Scale is a tool that we can use to show our family members that our pain is real. On some level, the scale puts our pain in perspective. As frustrating as it may be to explain what you are feeling, which for the most part is unheard of, it might be easier to show this scale rather than find words to describe a pain that is so complex. Most family members don't know what it is like to have a digit amputated, but they can imagine that type of pain easier than they can imagine RSD pain.

