

knitted knockers

*soft, comfortable, knit prosthetics
for breast cancer survivors*

Knitted Knockers Knit Flat on Straight Needles

Original Adaption by Claudia Barbo – 9/15/15

Revisions by Jennifer Taylor – 2/9/16;2/10/17rev

Size: A (B, C, D, DD)

Materials:

- 50 yds sport or (DK) weight soft, washable non wool yarn.* See below for approved yarns for distribution by knittedknockers.org groups.
- US size 4 needle (or size needed to get gauge)
- 3 stitch markers
- Tapestry needle

Gauge: 6sts = 1 inch

Abbreviations

co = cast on
k = knit
p = purl
st/s = stitch/es
pm = place marker
sm = slip marker
rep = repeat
rs= right side
ws= wrong side



Increases and decreases

m1 = make 1 = k to designated st, pick up yarn between sts from front to back, k through the back loop

kfb = knit front and back = k the st through the front loop but do not take off the needle, twist the needle to the back and k the same st through the back loop. Remove the st from the needle.

m1p = make 1 purl = p to designated st, pick up yarn between sts from front to back, p through the back loop

k2tog = k next 2 sts together

p2tog = p next 2 sts together

Back:

Starting with a 20" tail co 3 sts, pm, co 4 sts, pm, co 4 sts, pm, co 3 sts. (14 sts)

P 1 row.

Row 1 (rs): (K to 1 st before marker, m1, k1, sm, kfb) 3 times, k to end.

Row 2 (ws): (P to marker, sm, p1, m1p) 3 times, p to end. (m1p may be difficult as it is in the back of the m1 from the previous row). Do the best you can to find or create the "bar" to pick up the stitch.

Rep rows 1 & 2 until you have 68 (77, 86, 95, 104) sts with 22 (25, 28, 31, 34) sts between markers. End after row 2 (ws).

68 sts - 15 sts/22 sts/22 sts/9 sts

77 sts - 17 sts/25 sts/25 sts/10 sts

86 sts - 19 sts/28 sts/28 sts/11 sts

95 sts - 21 sts/31 sts/31 sts/12 sts

104 sts - 23 sts/34 sts/34 sts/13 sts

Front:

(rs) P 1 row.

(ws) K 1 row.

Row 1: (K to 2 sts before marker, k2tog, sm) 3 times, k to end.

Row 2: (P to marker, sm, p2tog) 3 times, p to end.

Rep rows 1 & 2 until there are 2 sts before first marker; end on a purl row (Row 2)

NOTE: You will now continue the decreases for this section at the end of the next row. This keeps the curve of the section correct.

Next row: K2, sm, (k to 2 sts before marker, k2tog, sm) 2 times, k to 3 sts before end, k2tog, k1. Next

row: p1, p2tog, (p to marker, sm, p2tog) 2 times, p to marker, sm p2.

Rep the last 2 rows until there are 8 sts remaining. Removing markers as you come to them on the last row.

Next row: K1, k2tog 3 times, k1.

Cut yarn leaving a 15" tail.

Thread tapestry needle run tail through remaining sts, pull loosely. Sew seam using mattress stitch. Finish off and weave in end. Weave co tail through 1st row of sts so that it can be tightened up after stuffing. No need to stuff or seam up if sending to us. We can do that for you :-). It may seem a bit "pointy" but should smooth out when stuffed.

*Knitted Knockers Support Foundation has created a list of tested and approved yarns appropriate for knitted knockers. Please note that **only knockers made from this list** will be used to fill orders from knittedknockers.org so if knitting or crocheting for us please only use these yarns. While Knitted Knockers are a great "stash buster" taking only about 50 yards of yarn, the knockers may be worn against sensitive skin and must be durable, breathable and stay soft after washing. Also note the acrylic yarns are only used for swimming knockers. You can find a current list of approved yarns at knittedknockers.org.

Comment: The most requests are for pairs in neutral colors (beiges, off white, tans) in sizes B and larger. Completed knockers can be sent to Knitted Knockers Support Foundation, 1780 Iowa St, Bellingham, WA 98229. No need to stuff (saves on postage). Include your contact info and the yarn label.



KNITTED KNOCKERS APPROVED YARNS

3-9-17 REV

Please note that only knockers made from the following list will be used to fill orders from knittedknockers.org so if knitting or crocheting for us please only use these yarns.

Bellatrista Yarn

Milk Protein- Knit and crochet

Cascade Yarns

Cherub DK (Acrylic for swimming only)

Sateen (Acrylic for swimming only)

Ultra Pima-(Knit and crochet)Available at Craftsyt.com*

Ultra Pima Fine (Great for crochet)

Cloudborn

100% Pima Cotton DK- (Knit and Crochet)-Available at Craftsyt.com*

Classic Elite Yarns

Provence- (Knit)

Ella Rae

Phoenix DX- (Knit and crochet)

Fiesta Yarns

Cottonista-(Knit)

Frog Tree

85% Pima/ 15% Silk Sport Weight- (Knit)

HiKoo

CoBaSi DK- (Knit)

Jaeger

Aqua Cotton- (Knit)

Katia

Mississippi 3- (Knit)

Kertzer Yarns

Fine Cotton- (Knit)

King Cole

Cottonsoft DK- (Knit)

Kraemer Yarns

Tatamy- (Knit)(Acrylic blend for swimming)

Knit Picks

Comfy Sport-(Knit) (Acrylic blend for swimming)

Comfy Fingering- (Knit and Crochet)(Swimming)

Paintbox

Cotton DK- (Knit and Crochet)

Patons

Grace- (Knit and crochet) Available at Craftsyt.com*

Plymouth Yarns

Anne- (Knit and Crochet)

Cleo- (Knit) Available at Craftsyt.com*

Premier Yarns

Afternoon Cotton- (Knit & Crochet) Available at Craftsyt.com*

Cotton Fair- (Knit and Crochet) (Acrylic for Swimming)

Reynolds

Top Seed Cotton- (Knit)

Rowan

Cotton Glace- Knit

Sostene Grene

Anna & Clara- (Knit and crochet)

Vinnis Colours South African Yarns

Serina- (knit and crochet)

Tahki

Cotton Classic DK- (Knit)

Cotton Classic Lite- (Knit and Crochet)

Thomas B Ramsden & Co (Bradford)

Wendy Supreme 100% luxury cotton dk- (Knit)

Trendsetter Yarns

Lana Grossa Elastico- (Knit)

Universal Yarn

Bamboo Pop- (Knit and Crochet)

Cotton Supreme DK- (Knit)

Valley Yarns

Southwick- (Knit)

KNITTED KNOCKERS APPROVED YARNS

We have moved away from distributing knockers made with acrylic due to feedback from recipients. Acrylic knockers are reserved for filling orders for swimming because they are not worn daily, just for an hour or so at a time. The acrylic knockers will be used, but there is a very low demand for them.

We have compiled a list of approved yarns for our knitters and crocheters. All yarns on this list are washable, stay soft after air drying, breathable, durable, of the correct weight and are beautiful. Our challenge has always been to identify yarns that are preferred by our recipients, available and affordable. The list has over 30 choices that can be purchased at local yarn stores, online or at "Big Box" stores at a variety of price points. The cost per average sized knocker using these yarns can vary from about \$1.20 to \$2.00 each depending on brand, or sales. Very affordable when you think about the difference it makes to the woman who wears them! Most yarns can be found at your local yarn shop, or online. You can find Afternoon Cotton by Premier Yarns at Walmart and Joanns and Paton's Grace at Michaels. Please note that I Love this Cotton from Hobby Lobby is too heavy and washes up stiff when air dried so is not appropriate for knitted knockers. Please include the yarn label when sending to us and your contact information.

For the wearer, it is crucial that the knocker fiber not exacerbate a highly sensitive part of a woman's body that may have already suffered from surgical scarring, nerve damage, and possible radiation burns. To minimize the chances of this happening we ask that knitters and crocheters choose a yarn that we've already tested and know that every knocker created will be gratefully received and loved by the wearer. We receive constant affirmation that these ladies truly appreciate the time and talent that a caring volunteer took to make these for them. Check out some testimonies from grateful recipients if you ever want to remind yourself that what you are doing is making a difference! <http://www.knittedknockers.org/testimonials/>

If sending to us mail unstuffed to Knitted Knockers Support Foundation, 1780 Iowa St., Bellingham, WA 98229. **Include your contact information and the type of yarn used or label from the yarn.**

If stuffing use a high quality poly fiber fill. Slightly overstuff and **leave back open** for adjustment. We use Premium Poly Fiber Fill made by Fairfield and found at Joann's and Walmart.

* Craftsy.com will give Knitted Knockers Support Foundation a portion of your purchase at no extra cost to you! Click here to shop at craftsy.com.