

# 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

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, 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 1<sup>st</sup> 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 :-).

\*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](http://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](http://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). Thank you so much for making knitted knockers to help others!



# APPROVED YARNS

(12-14-16)

The yarn used for Knitted Knockers is very important as they are to be worn against scarred, sensitive skin. We have compiled the following list of yarns that have been tested and approved as appropriate for Knitted Knockers. Most women prefer cotton as it is breathable so we have listed mostly cotton or cotton blends. The acrylic yarns listed are only for swimming as they are not worn daily. Crochet requires a finer weight yarn than knit as it can be a bit stiffer so we have identified the yarns appropriate for crochet.

**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)

## Knit Picks

Comfy Sport-(Knit)

Comfy Fingering- (Knit and Crochet)

## 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 and 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)

\* 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](https://www.craftsy.com).