



# knitted knockers

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

Knittedknockers.org

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## **CROCHET KNOCKERS REVISITED 6-1-16 by Claudia Barbo rev2**

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

### Materials:

- 1 (1, 1, 2, 2) skeins Ultra Pima Fine or other yarn from the knitted knocker approved yarn list\*. The yarn choice is very important.
- Size G (4.5mm) crochet hook (or size needed to get gauge)
- 3 locking stitch markers (1 in a different color for start of round)
- Tapestry needle

Gauge: 4 ½ sc and 5 ½ rows = 1 inch

### Abbreviations:

Ch = chain

Pm = place marker

Rnd = round

Sc = single crochet

Rep = Repeat

Inc = work 2 scs in next sc

Dec = work 2 scs together (sc2tog)



### NOTES:

- To form a magic ring leave approximately 6" of "tail" wrap yarn around index finger twice and work desired number of sc over both strands. When complete pull up tail to close ring. Continue to work in the round from here.
- Knockers are crocheted in a continuous spiral.
- Move markers up as you go.

## **Front**

Form a magic ring

Rnd 1: Work 6 sc in ring. Close ring.

Rnd 2: Inc in each sc around. (12 scs)

Rnd 3: (Work 2 sc, inc in next 2 sc, pm) 3 times (on the last repeat use a different colored marker). (18 sc)

Rnd 4: (Work 4 sc, inc in next 2 sc) 3 times. (24 scs)

Rnd 5: (Work 7 sc, inc in next sc) 3 times. (27 scs)

Rnd 6: (Work to 1 sc before marked sc, inc in next 2 sc) 3 times.

Rnd 7: (Work to marked sc, inc marked sc) 3 times.

A cup – Rep rnds 6 & 7 3 times until you have 54 sc, (stuffed diameter equals 4.5” across)\*\*

B cup – Rep rnds 6 & 7 4 times until you have 63 sc, (stuffed diameter equals 5” across)\*\*

C cup – Rep rnds 6 & 7 5 times until you have 72 sc, (stuffed diameter equals 5.5” across)\*\*

D cup – Rep rnds 6 & 7 6 times until you have 81 sc, (stuffed diameter equals 6” across)\*\*

DD cup – Rep rnds 6 & 7 7 times until you have 90 sc, (stuffed diameter equals 6.5” across)\*\*

Work 2 rnds even through the back loop only.

## **Back**

Rnd 1: (Sc2tog, sc to 1 sc before marked sc, sc2tog) 3 times.

Repeat rnd 1 until you have 15 sc left.

Cut yarn leaving a 10” tail. Thread tapestry needle and weave through front loop only of 15 sc. Stuff with fiber fill and pull tail to tighten. Tuck tail into knocker so that filling can be adjusted as needed.



\*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 70 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. Here is a link to the approved yarn list [Approved Yarns for Knitted Knockers](#). Yarns appropriate for crochet knockers have been identified on the list.

\*\* Sizing is a bit of an art. Looser crochet will stretch more when stuffed. Stuffed knockers should measure the diameters listed above measured straight across the back from the point to the mid of the opposite side.

The most requests are for pairs of neutral colors. If you don't have enough of one color to finish a knocker feel free to finish the inner piece with a complimentary color using the same type of yarn. If you get bored with the flesh tones by all means make a creative, bright pair if you want. We do get requests for those too :-). Don't stress too much about the sizing. The most important thing is to make sure that all pairs are the same size (same number of stitches). About 75% of the requests are for sizes B and C with the rest size A, D and DD.

We have posted a video on how to make great crochet knockers at [www.knittedknockers.org](http://www.knittedknockers.org). Grab a cup of coffee and enjoy watching Bunny (expert crocheter) teach Barb (novice crocheter) how to make great crochet knockers. Bunny only has to rap Barb's knuckles a couple of times! If you see differences in the video go by the pattern as it may have been revised after the video was done.

If you don't have someone to give your beautiful knocker to please send them to us for distribution (always free). We need lots of them! Send to Knitted Knockers, 1780 Iowa Street, Bellingham, WA 98229. Be sure and include your yarn label and contact information so we can thank you. Visit [www.knittedknockers.org](http://www.knittedknockers.org) (the one with the pink ribbon logo on it) to learn more and to link yourself as a provider, or to locate a group in your area. Thank you!!!!

# KNITTED KNOCKERS APPROVED YARNS

6-14-17 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

## Berroco

Modern Cotton DK- Knit and crochet

## Cascade Yarns

Cherub DK (Acrylic for swimming only)

Sateen (Acrylic for swimming only)

Ultra Pima-(Knit and crochet)

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)

## 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](https://www.craftsy.com).