

MY STORY

In 2011 I had a mastectomy and I was not an immediate candidate for re-constructive surgery. My first Knocker was knit by my friend, Phyllis. It is hard to describe how grateful I was to be able to look presentable within a short time after surgery. Since then I have organized a group of volunteers to supply our local doctors with Knitted Knockers. In 2014, I was recognized by the Susan G. Komen Foundation and US Bowling Congress and received national attention for www.knittedknockers.org. My vision has grown to connect volunteer knitters and crocheters with breast cancer survivors everywhere so that everyone has a "Phyllis" in their life.

Please visit our Facebook page and www.knittedknockers.org for personal stories and more information. Our group is easy to find, we have the pink ribbon in the logo and are located in Bellingham WA. We ship complimentary knockers throughout the United States and the world.

Barb Demorest

contact@knittedknockers.org



**Connecting volunteer
knitters and crocheters with
breast cancer survivors
to offer FREE Knockers**

CROCHET VERSION

www.knittedknockers.org

Knitted Knockers Support Foundation
1405 Fraser St. #F103
Bellingham, WA 98229

contact@knittedknockers.org

CROCHET KNOCKERS REVISITED 3-21-18

by Claudia Barbo rev3

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
Sc = single crochet
Dec = work 2 scs together (sc2tog)
Pm = place marker
Rep = Repeat
Rnd = round
Inc = work 2 scs in next sc

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 63 sc, (stuffed diameter equals 4.5")**
B cup – Rep rnds 6 & 7 4 times until you have 72 sc, (stuffed diameter equals 5")**
C cup – Rep rnds 6 & 7 5 times until you have 81 sc, (stuffed diameter equals 5.5")**
D cup – Rep rnds 6 & 7 6 times until you have 90 sc, (stuffed diameter equals 6")**
DD cup – Rep rnds 6 & 7 7 times until you have 99 sc, (stuffed diameter equals 6.5")**



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 so if knitting or crocheting for us please only use these yarns. Knockers may be worn against sensitive skin, must be durable, breathable and stay soft after washing. Also note the acrylic yarns are only used for swimming knockers. A list of Approved Yarns for Knockers can be found at www.knittedknockers.org. 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 measured straight across the back from the point to the mid of the opposite side.

Why A Knitted Knocker?

Over 50K mastectomies in the US each year. Prosthetics can be hot, expensive, and heavy; Knitted Knockers are soft, light, huggable and can be worn in a regular bra. They are distributed free to those who need them.

Finished Knockers or donations can be mailed to:

**Knitted Knockers
Support Foundation
1405 Fraser St. #F103
Bellingham, WA 98229**

please include yarn label and contact info

Visit <http://www.knittedknockers.org/make-a-knocker/>
for tips and videos on how to make Knitted Knockers.

rev 12.4.2024