



# knitted knockers

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

Knittedknockers.org

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## **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

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 63 sc, (stuffed diameter equals 4.5” across)\*\*

B cup – Rep rnds 6 & 7 4 times until you have 72 sc, (stuffed diameter equals 5” across)\*\*

C cup – Rep rnds 6 & 7 5 times until you have 81 sc, (stuffed diameter equals 5.5” across)\*\*

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

DD cup – Rep rnds 6 & 7 7 times until you have 99 sc, (stuffed diameter equals 6.5” across)\*\*

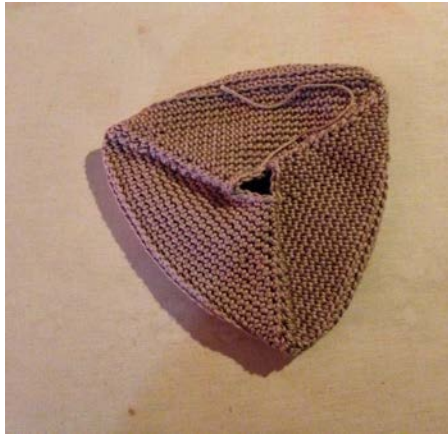
Work 2 rnds even through the back loop only.

## **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 - revised 6-18-19

Please note that only knockers made from the following 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. All are good for knitting, some are also good for crochet where indicated "C". Acrylic yarns are approved only for swimming and indicated with "A".

Berroco, <u>Modern Cotton DK</u> (Note only DK weight is approved)- C	Katia, <u>Mississippi 3</u>	Sostrene Grene, <u>Anna &amp; Clara</u> - C
Cascade Yarns, <u>Cherub DK</u> - C, A	Kertzer Yarns, <u>Butterfly Super 10</u>	Tahki, <u>Cotton Classic DK (Must be DK)</u>
Cascade Yarns, <u>Ultra Pima</u> - C	Kraemer Yarns, <u>Tatamy</u> - A	Tahki, <u>Cotton Classic Lite</u> - C
Cascade Yarns, <u>Ultra Pima Fine</u> - C	Knit Picks, <u>Comfy Sport</u> - A	TB Ramsden, <u>Wendy Supreme 100% luxury cotton DK (Must be DK)</u>
Cascade Yarns, <u>Noble Cotton</u> - C	Knit Picks, <u>Comfy Fingering</u> - C, A	Trendsetter Yarns, <u>Lana Grossa Elastico</u>
Cloudborn, <u>100% Pima Cotton DK</u> - C	Lion Brand <u>COBOO</u> - C	Universal Yarns, <u>Bamboo Pop</u> - C
Ella Rae, <u>Phoenix DK</u> - C	Paintbox, <u>Cotton DK</u>	Universal Yarns, <u>Garden 3</u> - C
Euro Baby, <u>Kid Cotton</u>	Patons, <u>Grace</u> - C	UY- Fibra Natura, <u>Radiant Cotton</u>
Fair Isle, <u>Harbor</u> - C	Plymouth Yarns, <u>Anne</u> - C	Valley Yarns, <u>Southwick</u>
Fiesta Yarns, <u>Cottonista</u>	Plymouth Yarns, <u>Cleo</u>	
HiKoo, <u>CoBaSi DK</u>	Premier Yarns, <u>Cotton Fair</u> - C, A	
Jaeger, <u>Aqua Cotton</u>	Rowan, <u>Cotton Glace</u>	
	Schachenmayr, <u>Catania</u> C	

We have carefully compiled this list of approved yarns for our knitters & crocheters. All approved yarns have been tested and proven to be washable, stay soft after air drying, breathable, durable, the correct weight & make beautiful knockers. Our challenge has always been to identify yarns that are preferred by our recipients, available & 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 per knocker. Very affordable when you think about the difference it makes to the woman who wears them!

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 & crocheters choose a yarn that we've already tested & know that every knocker created will be gratefully received & loved by the wearer. We receive constant affirmation that these ladies truly appreciate the time & talent that a caring volunteer took to make these for them. Check out some testimonials from grateful recipients if you ever want to remind yourself that what you are doing is making a difference! <http://www.knittedknockers.org/testimonials/>.

*Please note that "I Love this Cotton" from Hobby Lobby is too heavy & washes up stiff when air dried so is not appropriate for knitted knockers.*

You can mail completed, unstuffed knockers to us at Knitted Knockers Support Foundation, 1780 Iowa St., Bellingham, WA 98229. **Please include your contact information & the yarn label.**

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

Yarns no longer on the list may have been discontinued but still would be accepted if on the prior 10/2/17 Approved Yarn list.

Knitted Knockers Support Foundation is a non profit run completely by volunteers, (no paid staff). Donations are very much appreciated to help offset costs. Postage in 2017 was over \$58,000 alone!

Thank you for making knockers!!!!