

**Knitted Knockers Charities, Inc**  
**1415 E. University Drive A102**  
**Tempe, Arizona 85281**  
[www.KnittedKnockersUSA.org](http://www.KnittedKnockersUSA.org)

## **Knitted Knockers Charities**

**Giving  
Women Their  
Confidence Back  
After a Mastectomy**

**KnittedKnockersUSA.org**

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## **Knitted Knocker Worked Flat** **[www.KnittedKnockersUSA.org](http://www.KnittedKnockersUSA.org)** **(on straight or circular needles)**

Knitted Knockers are breast prosthesis used by cancer patients after a mastectomy. They are knitted in the shape of a breast with cotton yarn (acrylic yarns should be avoided). When Knitted Knockers are placed in a bra, they take the shape and feel of a real breast.

To be part of the worldwide **Knitted Knockers Charities, Inc** effort ([knittedknockersusa.com](http://knittedknockersusa.com)), all you have to do is make a single Knitted Knocker. Then you can either: 1) donate the completed knockers to Knitted Knockers Charities, Inc at 1415 E University Drive #A102, Tempe, Arizona 85281 and we will give them to breast cancer survivors free of charge; 2) contact one of the regional Knitted Knockers organizations identified at [knittedknockersusa.org](http://knittedknockersusa.org); 3) find someone in your area to donate them to directly. **You've just made a difference in women's life!**

**If you know someone who needs free Knitted Knockers, have them visit [knittedknockersusa.com](http://knittedknockersusa.com) to request a pair.**

# Knitted Knockers Worked Flat by [knittedknockersusa.org](http://knittedknockersusa.org)

**Pattern Info:** With this pattern we have tried to match the needs of the knitters with the needs of the recipients of the Knitted Knockers. With all the varieties of knitting experience levels, we understand that this pattern may have parts that are new to you. With a little patience and some help from our “Frequently Asked Questions and Answers” at [www.knittedknockersusa.org](http://www.knittedknockersusa.org), we are confident you will be able to knit the Knockers.

## Pattern

**Size:** A [B, C, D, DD] Cup (**Note:** numbers for Size A are given first, with the numbers for other sizes in parenthesis. If only one number is given, it applies to all sizes)

## Materials:

- Ultra Pima by Cascade Yarns, approx. 45-88 yards per knocker (#3/DK weight yarn—100% Cotton)
- US #6/4mm single point needles or one US #6/4mm circular 20 to 24 inch length
- Stitch Markers
- Sharp tapestry needle
- Stuffing (polyester fiber fill purchased at any local craft store)
- Button or bead for nipple (optional)

**Gauge:** 22 sts/24 rows = 4 inches in stockinette stitch

## Abbreviations:

**BO** = Bind Off

**CO** = Cast On

**K** = Knit

**K2tog** = Knit two together

**M1** = Make One

**Sts** = Stitches

**RS** = right side

**WS** = Wrong Side

**Kfb** = Knit in the front and the back of the same stitch

**ssk** = slip one st knitwise, slip another st knitwise, then knit those two sts together

**I-Cord** = There are two options for making the I-cord on your Kocker:

Option 1: Work 2 rows of I-cord. Later a button can be attached for a nipple, if desired, or left without a button for a "no nipple look."

Option 2: Work 1½-2" of I-cord, which can be knotted or curled up and sewn to the Kocker to make a nipple.

How to make I-cord using straight needles: Cast on 4 sts. Step 1: Slip the stitches, one at a time, back onto the left needle. Step 2: Pull the yarn snugly across the back of the work and knit the sts again. Repeat Steps 1 and 2 until the I-cord is the desired length.

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How to make I-cord using a circular needle: Cast on 4 sts. Step 1: Slide the stitches to the other end of the circular needle. Step 2: Pull the yarn snugly across the back of the work and knit the sts again. Repeat Steps 2 and 2 until the I-cord is the desired length.

For a video tutorial, see <http://www.knittinghelp.com/video/play/i-cord-continental> (for continental knitters) or <http://www.knittinghelp.com/video/play/i-cord-english> (for English knitters)

## **Directions:**

CO 4 sts. Work Option 1 or 2 (above) for the I-Cord

Row 1 (RS): Work one more row of I-cord, increasing as follows: kfb in each st. (8 sts.)

Row 2 (WS): Purl.

Row 3 (RS): K1, [kfb, place stitch marker, kfb] 3 times, K1. (14 sts.)

Row 4 (WS): Purl.

Row 5 (RS): [K to one st before marker, kfb, slip marker, kfb] 3 times, then knit the remaining sts across.

Repeat rows 4 & 5 until there are 68 [74, 80, 86, 92] stitches on needle, ending after working a RS row (the last increase row).

Next row (WS): Knit.

Next row (RS): Knit 5, bind off 4 sts, knit remaining stitches across.

Next row (WS): Knit until you reach the place where the 4 sts were bound off, cast on 4 stitches using an e-loop or knitted cast on, then knit the remaining 5 sts.

Next row (RS): [K to 2 sts before marker, ssk, slip marker, k2tog] 3 times, then knit the remaining sts across.

Next row (WS): Purl.

Repeat these 2 rows until 14 stitches remain.

Next row (RS): Removing markers as you come to them, k1, (ssk, k2tog) 3 times, k1 (8 stitches)

Cut yarn, leaving a 20-24" tail. Thread the tail onto a darning needle and draw it through the remaining stitches, removing them from the knitting needle as you go. Pull tight to draw the stitches together, then use the tail to sew the knocker closed. Tack the front and back together loosely through the center so the back is concave.

Weave in all ends. Attach bead or button nipple, if desired, or knot I-cord and sew into place.

Knockers are needed in all sizes and colors so have fun making the Knockers of your choice.

## **Additional Information:**

Visit [www.knittedknockersusa.org](http://www.knittedknockersusa.org) for information on stuffing knockers, adding weights to them, washing, and donating them, and for some design options. If you would like to add a personalized label you can download a suggested format at [knittedknockers.info](http://knittedknockers.info) under label.

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Sizing Knockers: We have simplified the way you can tell the actual cup size of your finished Klocker. To do this, flatten the Klocker as flat as you can and measure across the diameter of the Klocker. Then use the information below to determine the size of your Klocker.

5 inches across = Size A  
5½ inches across = Size B  
6 inches across = Size C  
6½ inches across = Size D  
7 inches across = Size DD



This pattern is provided by Tempe Yarn & Fiber in support of Knitted Knockers Charities, Inc. ([knittedknockersusa.com](http://knittedknockersusa.com)) effort and may be copied and distributed for the use of making Knitted Knockers.

We realize that there are lots of creative people who might want to "do it their way". Please keep in mind that this pattern has been developed, tested and is based on feedback from numerous Knitted Klocker recipients. If you modify the pattern and reprint it, please include a reference and/or link back to this original pattern.

**Please “Like” Knitted Knockers USA on Facebook.**

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