



## Knitted Knockers

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

Please note:

- This pattern is for knitters with some experience! If you are a beginner, you may want to rather knit beanies for us!
- If you're knitting for KDH, please make bigger sizes (C to E cup) in neutral, darker colours

## **BOTTOMS UP KNOCKER FOR DOUBLE POINT NEEDLES**

by Claudia Barbo, revised by L Furnas (4/17) rev 4/11/23

### ***Legend***

**CO** - Cast On

**kfb** - Knit into front & back of stitch

**M1R, M1L**- Make 1 Right, Make 1 Left

**K** - knit

**P** - purl

**k2tog** - knit 2 stitches together

**k2tog tbl**-knit 2 together through back loop

**Materials:** 1 set 7-8" double point needles, size US 4(5). Sport or (DK) weight soft, washable non wool yarn, stitch marker to mark needle 1, tapestry needle. Gauge- 6st= 1" (5st= 1"). Counts in ( ) are for DK/US 5 needles

### **BOTTOM PIECE:**

Starting with a 20" tail, CO loosely 15 sts and divide between 3 needles (5 per needle).

Round 1 – K to last st, kfb\*\*\* or M1L . Repeat for needle 2 & 3- 3 sts increased. Round 2 – Kfb\*\*\* or M1L, k to last st, kfb\*\*\* or M1R. Repeat for needle 2 & 3 - 6 sts increased.

Repeat rounds 1 & 2 until reach number of stitches for the cup size you desire.\*

- A cup – stuffed diameter equals 4.5” (across) ..... 72(66\*) – 24(22\*)/needle
- B cup – stuffed diameter equals 5” (across) .....78(72) – 26(24)/needle
- C cup – stuffed diameter equals 5.5” (across) .....90(78\*) –30(26\*)/needle
- D cup – stuffed diameter equals 6” (across) .....102\*(90) –34\*(30)/needle
- DD/E cup – stuffed diameter equals 6.5” (across) .....108(96) – 36(32)/needle

\*(Certain sizes need to repeat Round 1- 1 more time to reach desired number of stitches).

\*\*See notes for larger sizes. Each size goes up about ½” in diameter. Sizing is a bit of an art. Looser knit 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.

**Turning Rows:** P 2 rounds. These two rounds help define the edge between the back and the front of your knocker.

#### **TOP PIECE (WITH NIPPLE):**

Decrease round: K to last 2 sts on each needle, k2tog\*\*\* or k2tog tbl. Repeat this round until you have 3 sts left (1 on each needle). Knit these 3 sts on to one needle and proceed with an I-cord for 3 rounds. Cut yarn leaving an 8” tail. Using a tapestry needle thread tail through remaining sts. Stretch and twist I-cord tightly and stitch down all around it to create a small nipple. The completed nipple should be no more than 3/8” across.

#### **TOP PIECE (W/OUT NIPPLE):**

Decrease round: K to last 2 sts on each needle, k2tog\*\*\* or k2tog tbl. Repeat this round until you have 6 sts left (2 on each needle). Cut yarn leaving an 8” tail. Thread tail through remaining sts with tapestry needle and pull tight. Bring to inside of knocker and fasten off.

**Final Step To Finish Bottom Piece:** Using tapestry needle, weave cast on tail through every other cast-on stitch. This will make a draw-string like closure so the knocker stuffing level can later be adjusted by the wearer.

Fill with stuffing.

\*\*For larger sizes:

- F (7”) – repeat rounds 1 & 2 – 1 more time. o Complete turning rows
- o After the turning rows knit 2 rounds before starting top piece

- G (7.5")-repeat rounds 1 & 2 – 2 more times. o Complete turning rows
- o After the turning rows knit 4 rounds before starting top piece.

- H (8") & Beyond- Repeat rounds 1 & 2 an additional time per size o Complete turning rows
- o After the turning rows knit 4 rows before starting top piece

\*\*\* To avoid "laddering" or for a smoother finish the following stitches may be substituted for kfb- (M1R, M1L) or

The most requests are for pairs of neutral colors. Neutral is defined as white, cream, beige, and sand. If you don't have enough of one color to finish a knocker feel free to make the bottom piece with a bright or fun color using the same type of yarn changing to a neutral color 2-3 rows prior to the purl rows so the color doesn't "peak" out when worn. Dark colors are defined as shades of brown or black. Very few requests are for colored or bright knockers. Don't stress too much about the sizing. The most important thing is that each knocker within the pair has the same number of stitches. About 75% of the requests are for sizes B and C with the rest size A, D and DD. Check out the video at [knittedknockers.org](http://knittedknockers.org) on How to Size your Knockers for sizing tips. If you see differences in the video, go by the pattern as it may have been revised after the video was done.

We realize that knitting on double pointed needles is not the easiest, but they are beautifully contoured, made in one piece and hold up really well. It is an easy, fun, and portable project, taking most people between 3-4 hours to make one. There is a video designed specifically for the Bottoms Up Knocker at [knittedknockers.org](http://knittedknockers.org). Watch Laureen, the Knocker Quality Queen teach Barb how to make knockers from the bottom up. If you see differences in the video go by the pattern as it may have been revised after the video was done.

