

# Knit Your Strength: A Guide to Breast Prostheses



Made with  
Charme Yarn

100%  
Cotton



\* Exclusive pattern!  
\* Exclusive pattern!

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

Approved by Knitted Knockers  
Support Foundation

**CIRCULO®**





*Rejoice! You've already conquered a big challenge. Now, we want to support you on your journey to reclaim your confidence and self-esteem. We want to see you smiling again and feeling like yourself! Whether it's getting back to your old routine or trying something new, we're here to help you find comfort.*

*Why not create a cozy knitted breast prosthetic? Slip into your favorite bra, tuck them in with care, and take pride in the strong woman you'll see in the mirror.*

*As proud supporters of Knitted Knockers, an organization that provides free breast prosthetics, we couldn't miss out on the hopeful spirit of Pink October. This pattern is crafted with one of our 100% cotton yarn approved by the organization: Charme. This ensures that the pieces are light and comfortable in any season!*

So, grab your yarn and needles, and wear your brightest smile!  
Your new journey is just beginning!





# Knitted Breast Prosthesis

**Designed by:** Suely Beggiato (@duasarteiras)

**Pattern tester:** Patty Wolf

## Materials:

1 skein of Charme – Colors: 7563 (Chantilly), 7625 (Castanha), or 7504 (Mogno)

Circular knitting needle – 3.5 mm with an 80 cm or longer cable;

Notions:

Stuffing fiber

Tapestry needle

Stitch marker

Abbreviations:

k: knit

p: purl

k2tog: knit two together

kfb: Right-leaning increase (make an increase by lifting the horizontal strand between 2 stitches, inserting the needle from the front)

rnd: Round (work in circular knitting, knitting in rounds using the magic loop technique)

sts: stitches

**Approximate Size:** 38 cm (circumference)

## Execution:

### Breast

Using Charme yarn in chosen color cast on 9 stitches on 3.5mm 80cm circular needles. Create a magic loop.

Rnds 1 to 4: knit 9 sts.

Rnd 5: (k1, kfb) 9 times = 18 sts;

Rnd 6: Repeat 3 times: (k1, kfb) 3x, knit 3 = 27 sts.

Transfer stitches onto the cable and create the magic loop again, placing 14 sts on the front needle and 13 sts on the back needle.

These adjustments are made to make things easier, since the increases are worked on odd rounds, more stitches will be on the front needle than on the back needle as you progress.

Rnd 7: Repeat 3 times: (k1, kfb) 2x, knit 7 = 33 sts;

Rnd 8: (k1, kfb, knit 10) 3 times = 36 sts;

Rnd 9: (k1, kfb, knit 11) 3 times = 39 sts;

Rnd 10: (k1, kfb, knit 12) 3 times = 42 sts;





Rnd 11: (k1, kfb, knit 13) 3 times = 45 sts;

Rnd 12: (k1, kfb, knit 14) 3 times = 48 sts;

Rnd 13: (k1, kfb, knit 15) 3 times = 51 sts;

Rnd 14: (k1, kfb, knit 16) 3 times = 54 sts.

Reposition stitches on the needles, transferring all stitches to the cable.

Create the magic loop again, leaving 27 sts on each needle.

Rnd 15: (k1, kfb, knit 17) 3 times = 57 sts;

Rnd 16: (k1, kfb, knit 18) 3 times = 60 sts;

Rnd 17: (k1, kfb, knit 19) 3 times = 63 sts;

Rnd 18: (k1, kfb, knit 20) 3 times = 66 sts;

Rnd 19: (k1, kfb, knit 21) 3 times = 69 sts;

Rnd 20: (k1, kfb, knit 22) 3 times = 72 sts;

Rnd 21: (k1, kfb, knit 23) 3 times = 75 sts;

Rnd 22: (k1, kfb, knit 24) 3 times = 78 sts;

Rnd 23: (k1, kfb, knit 25) 3 times = 81 sts;

Rnd 24: (k1, kfb, knit 27) 3 times = 84 sts;

Rnds 25 to 27: knit 84 sts.

Rnd 28: knit 84 sts.

Rnd 29: (knit 12, k2tog) 6 times = 78 sts;

Rnd 30: knit 78 sts.

Rnd 31: (knit 11, k2tog) 6 times = 72 sts;

Rnd 32: knit 72 sts.

Rnd 33: (knit 10, k2tog) 6 times = 66 sts;

Rnd 34: knit 66 sts.

Rnd 35: (knit 9, k2tog) 6 times = 60 sts;

Rnd 36: knit 60 sts.

Rnd 37: (knit 8, k2tog) 6 times = 54 sts;

Rnd 38: knit 54 sts.

Rnd 39: (knit 7, k2tog) 6 times = 48 sts;

Rnd 40: knit 48 sts.

Rnd 41: (knit 6, k2tog) 6 times = 42 sts;

Rnd 42: knit 42 sts.

Rnd 43: (knit 5, k2tog) 6 times = 36 sts;

Rnd 44: knit 36 sts.

Stuff with stuffing fiber.

Rnd 45: (knit 1, k2tog) 12 times = 24 sts;

Rnd 46: knit 24 sts.

Rnd 47: (k2tog) 12 times = 12 sts.

Rnd 48: knit 12 sts.

Finish off, leaving approximately 20 cm of yarn for sewing.

Using a tapestry needle, thread the yarn through the remaining 12 sts and pull tight to close the hole completely.

Weave the end inside of the work.



# CIRCULO<sup>®</sup>



[www.circuloyarns.com](http://www.circuloyarns.com)

  /circulo.usa