



## Knitted Knockers Handmade Breast Prostheses FCN Practice Projects



**1 in 8 women in the US has a lifetime risk of developing breast cancer.** In 2017 there was an estimated 252,710 new cases of invasive breast cancer in women (and 2,470 men diagnosed with breast cancer) (ACS, 2017). There are approximately 3.5 million women in the US with a history of breast cancer (ACS, 2017). Many of these women need mastectomies and desire prostheses. Worldwide the estimated annual new cases of breast cancer were over 1.6 million, causing over a half million deaths (ACS & Merck KGaA, n.d.).

Knitted Knockers was started by a young woman who owned a yarn shop in Maine and developed breast cancer. She named the prostheses “Knitted Knockers” and she and her friends made them to give away. Barbara Demorest was diagnosed with breast cancer in 2011. She was given a picture of a Knitted Knocker by her physician and her dear friend Phyllis Kramer knit two that weekend! Barbara then expanded the service of Knitted Knockers locally, nationally, and internationally! Knitted Knockers provides soft comfortable prostheses that can be inserted into a regular bra. Barbara realizes they can not meet all the needs for Knitted Knockers, so they have developed a website where women can request a “Free Knocker” and for volunteers to obtain resources or make donations of Knockers or funds for materials and postage. See

<https://www.knittedknockers.org/>



Knitted Knockers is a wonderful congregation service project for local, outreach, and missions, and can compliment a Prayer Shawl Ministry. They recommend local involvement to meet that area’s needs. There are 3,052 Knitted Knocker groups, so consider becoming one of the next groups by being added to the Knitted Knocker Registry at

<https://www.knittedknockers.org/store-and-group-listings/>



International groups outside U.S.

Videos are available on making the Knitted Knockers, making the Knockers in different sizes, as well as program promotion and partnering with local yarn shops at

<https://www.knittedknockers.org/videos/>



They provide a list of approved yarns, as bamboo yarn increases in size when wet, some cotton yarns become firmer with washing, and only acrylic yarns can be used for swimming.

[https://www.knittedknockers.org/wp-content/uploads/dlm\\_uploads/2016/10/Knitted-Knockers-Approved-Yarns-1page-6-19-19.pdf](https://www.knittedknockers.org/wp-content/uploads/dlm_uploads/2016/10/Knitted-Knockers-Approved-Yarns-1page-6-19-19.pdf)



Patterns are available for knit at [https://www.knittedknockers.org/wp-content/uploads/dlm\\_uploads/2017/10/Bottoms-Up-Knocker-DPN-CS-4-17-rev5-1-4.pdf](https://www.knittedknockers.org/wp-content/uploads/dlm_uploads/2017/10/Bottoms-Up-Knocker-DPN-CS-4-17-rev5-1-4.pdf) or crochet at [https://www.knittedknockers.org/wp-content/uploads/dlm\\_uploads/2017/05/Crochet-3-21-18-rev3.2b.pdf](https://www.knittedknockers.org/wp-content/uploads/dlm_uploads/2017/05/Crochet-3-21-18-rev3.2b.pdf) and are also available for international use in Dutch, French, French Canadian, German, Hebrew, Indonesian, Japanese, Spanish, and Swedish at <https://www.knittedknockers.org/international-patterns/>



Partnering with local Medical Providers is recommended as a way of distributing free Knitted Knockers to those in need. The Knitted Knockers website provides recommendations for establishing a partnership <https://www.knittedknockers.org/medical-providers-information/>, as well as templates for brochures and business cards at <https://www.knittedknockers.org/downloads/>



Knockers are appreciated in skin tone colors, different sizes, matching sets, and various vibrant colors, allowing women to have options and choices while adding to the fun in making them!



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

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

[www.knittedknockers.org](http://www.knittedknockers.org)

Knitted Knockers Support Foundation  
1780 Iowa St  
Bellingham, WA 98229

For additional information see Knitted Knockers at <https://www.knittedknockers.org/> or on Facebook at <https://www.facebook.com/knittedknockers/>



**YouTube Additional YouTube Resources** are available by searching “Knitted Knockers” including an Knitted Knockers in the News at <https://www.youtube.com/watch?v=CUY0wvmxSOA>

American Cancer Society (ACS). (2017). *Breast Cancer Facts & Figures 2017-2018*. Atlanta: Author.  
 American Cancer Society (ACS), & Merch KGaA. (n.d.). Global Burden of Cancer in Women: Current status, trends, and interventions. Retrieved from <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/global-cancer-facts-and-figures/global-burden-of-cancer-in-women.pdf>