

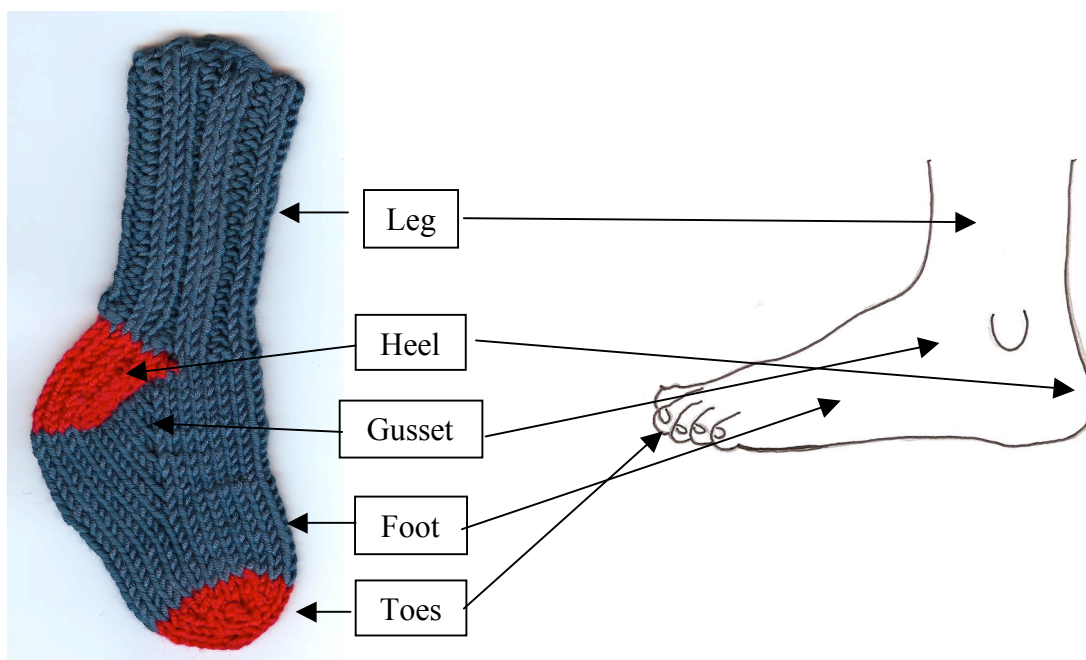
Basic Sock Pattern for Diabetic Socks

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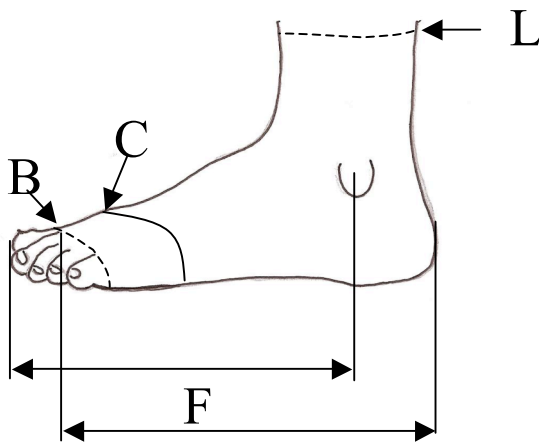
This is a how to adjust pattern, not step-by-step instructions with all the numbers written in. It is important when making socks for diabetics or anyone else with foot issues to make them fit properly. The important items to remember are:

- no seams or ridges to cause irritation or abrasions
- no wrinkling under the feet
- light colors or white to spot drainage
- no binding to cut off what circulation they have
- shaped to fit the toes properly
- yarn that wicks moisture away from the foot and is soft

IMPORTANT as you make your socks to fit keep careful notes for future pairs



Measuring the foot



The 2 main measurements to take are

- **C** is around the largest part of the foot minus 5 to 10%
- **F** is the foot length either from the toes to the anklebone or from the heel to the base of the toes.

Two optional measurements are

- **B** around the base of the toes
- **L** around the calf of the leg minus 5 to 10%

I will now go through each part of the sock and explain how I make each one and why. This will be for a top down sock which I prefer as I can get a stretchier top that way. When finished this sock will be turned inside out so the foot is against the smoother knit stitches.

Casting On

The Cast on edge should never bind potentially decreasing circulation, but it should have enough elasticity to stay up on the leg. My favorite is the Estonian cast on, I find Nancy Bush's video on the Internet the easiest to understand. Also casting on with a larger needle or twice the number of stitches then work 2 together in pattern on the next row makes a top less binding.

Checking stitch gauge with each yarn you use *is important* to get a proper fit.

$L - 5 \text{ to } 10\% \times \text{sts per inch rounded to a multiple of } 4 = \text{CO sts}$

$L = 8.5 \text{ inches, Gauge} = 7.5 \text{ sts per inch } 8.5 - .85 (10\%) = 7.65 \times 7.5 (\text{sts per in}) = 57.375$
CO 56 or 60 stitches

This number can be adjusted as needed to get the correct fit, trying the sock on as it progresses can tell you if you are on track and you will be able to make changes without having to rip out an entire sock. This can be done on a circular needle or place the stitches on a piece of yarn.

Leg

K1, P1 ribbing for about 2 inches helps keep the sock up on the leg. Next a 2 x 2 rib gives enough give for a secure fit without being too tight or loose.

- A. If the heel needle has a multiple of 4 stitches, start and end the heel needle with K2 and the instep needle with P2.
- B. If the heel needle has a multiple of 4 stitches plus 2 start and end both the heel and instep needle with K1 then your P2, K2 between.

Continue until leg is desired length.

Heel

Now we come to the heel. I prefer the Boomerang Heel myself. This is a short row heel that has almost no visible seam. I find that if I am very tight through the turns I can get a really smooth heel. Here are the directions.

First half of heel

At the end of the leg work the heel stitches only.

1. Knit across all stitches, turn
2. Bring yarn forward (YF) slip the next stitch, bring yarn over right needle and pull tight so you see a double stitch (MDS make double stitch), YF and purl across row, turn.
3. YF slip next stitch, bring yarn over right needle and pull tight so you see a double stitch and knit across row up to double stitch, turn
4. YF slip the next stitch, bring yarn over right needle and pull tight so you see a double stitch, YF and purl across row to double stitch, turn.

NOTE be sure to work right up to the double stitch, it is easy to miss the last single stitch especially on the purl row.

Continue doing rows 3 and 4 until you have 1/3 of the stitches on each end and 1/3 in the center that have not been doubled (there may be a few more in the middle)

Knit across the heel needle knitting the double stitches as one stitch being careful to get under both yarns here.

Knit across the instep needle See leg section

- A. K4, *P2, K2* repeat from * to * end K 4
- B. K5, *P2, K2* repeat from * to * end K 5

Now knit another complete round working the double stitches as one stitch and continuing the instep pattern as established.

Second half of heel

Knit across the first and middle sections and one stitch of the third section, turn

MDS purl across through first stitch of first section, turn

MDS knit through DS (knitting DS as one stitch) K1 turn

MDS purl through DS (purling DS as one stitch) P1 turn

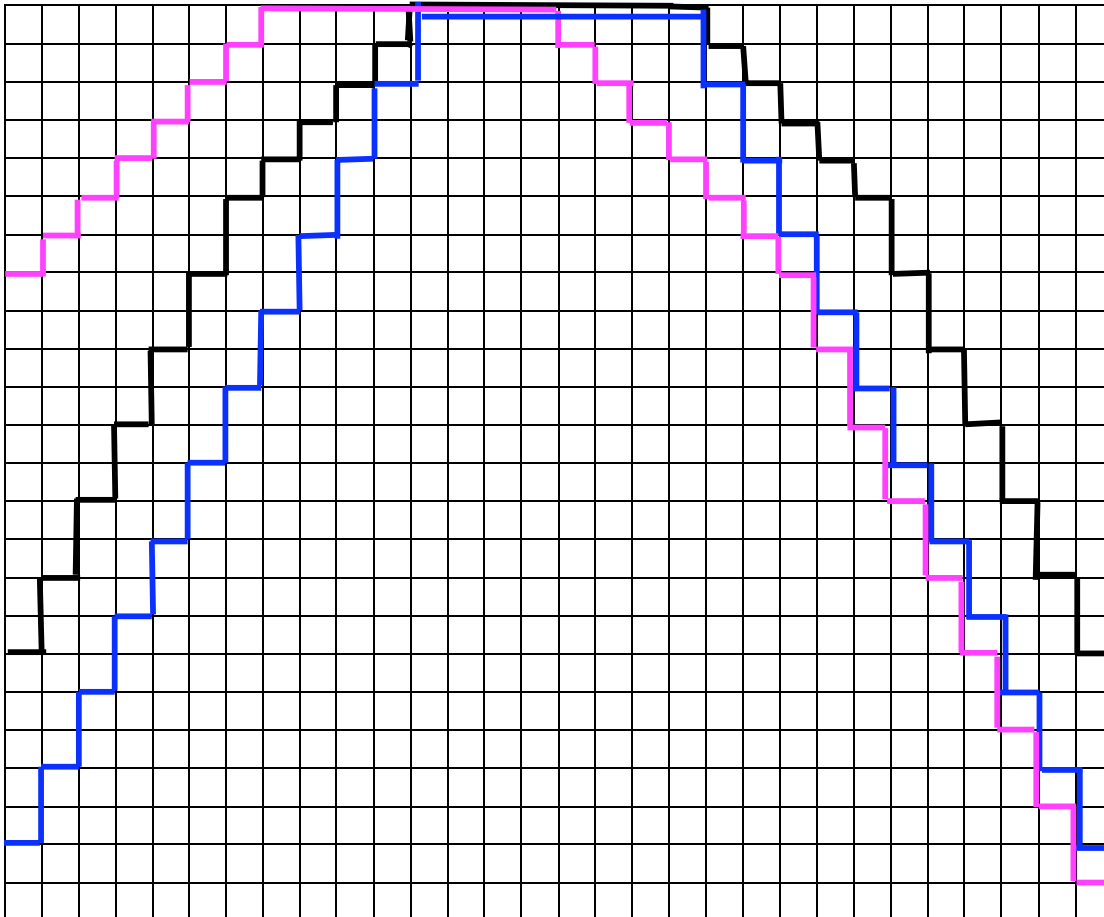
Continue as above until the last stitch on each end is a DS, you should have just turned and ready to knit. Now knit in rounds knitting the last two DS as one and working the instep stitches as established.

Foot and Toe

The foot is continued as established knitting across the heel needle and knitting the first and last few stitches on the instep needle with P2, K2 between until length of foot from where heel folds over equals F. The length is important as too long the sock will bunch at the toes and create possible sores, too short it impedes circulation while putting undue pressure on the toes again possibly creating sores and the heel will not fit correctly. The sock is a little stretchy so a little shorter is OK to prevent bunching, up to a maximum of 1 inch. At this point it is best to try the sock on the foot see how it is really fitting. How you decrease for the toe will also have a bearing.

Toe Decrease Examples

- Is a standard round toe
- Is a narrower longer toe
- Is asymmetrical and would need a right and left sock made and worn that way



Above is some examples of how you can change the shape of the toe by the way you decrease. With a little thought, graph paper and trial and error one should be able to get a toe to fit the shape of the foot without wrinkles. Trying the sock on the foot is helpful.

This pattern is designed to be turned inside out after knitting so there is maximum smoothness next to the foot without wrinkles or being too tight. Have fun.