KNITTING TUTORIAL

How to Fix a Dropped Stitch

5 methods for knitters, plus a ladder practice coaster

SKILL LEVEL	PRACTICE PIECE	NEEDLES
Beginner	**Coaster, 5.1 × 4.7 in**	**4.5 mm (US 7)**
YARN	**TOOLS**	**TIME**
Worsted cotton, 33 yd	**A crochet hook, 3.5–4.5 mm**	**1 hour**

Materials

- Worsted (#4) cotton, about 33 yd
- 4.5 mm (US 7) needles, a 3.5–4.5 mm crochet hook, locking stitch marker, tapestry needle

Abbreviations

k	knit	**st(s)**	stitch(es)
p	purl	**tink**	knit backwards to undo
RS / WS	right / wrong side	**lifeline**	spare yarn through live sts

Gauge: 18 sts and 24 rows = 4 in in stockinette. Catch a dropped stitch fast with a locking stitch marker so it can't run further.

Method 1: one row down (knit side)

Step 1	Find the dropped loop just below the needle and the loose horizontal bar (the 'ladder rung') above it.
Step 2	Insert the right needle into the loop from front to back, then under the bar.
Step 3	With the left needle, lift the loop over the bar and off the right needle: the bar is now a stitch.
Step 4	Put the new stitch onto the left needle with its right leg in front, then knit it as normal.

Method 2: several rows down (crochet hook)

Step 1	Hold the work with the knit side facing you. Insert a crochet hook into the dropped loop from front to back.
Step 2	Catch the lowest bar of the ladder with the hook and pull it through the loop.
Step 3	Repeat bar by bar, always taking the lowest one, until no bars are left.
Step 4	Slip the last loop onto the left needle, right leg in front. Check that it isn't twisted.

Method 3: on the purl side

Step 1	The easiest fix: turn the work so the knit side faces you and use Method 2.
Step 2	To fix it from the purl side, put the bar in FRONT of the loop, insert the hook from back to front and pull the bar through.

Step 3	Repeat for every bar, then place the stitch on the needle.

Method 4: in garter stitch

Step 1	In garter stitch the ladder alternates knit and purl bumps.
Step 2	Pick up the first bar as a knit stitch (hook from the front, Method 2).
Step 3	Turn the work over and pick up the next bar the same way: from the other side it is a knit stitch too.
Step 4	Keep turning the work for each bar until you reach the needle.

Method 5: when it has gone too far

Step 1	If the ladder runs into a cable, lace or a cast-on edge, or several stitches dropped, it is faster to undo.
Step 2	Tink (knit backwards) stitch by stitch to the problem, or rip back to a lifeline.
Step 3	Prevention: every 10–20 rows thread a smooth yarn through all the live stitches (a lifeline); you can always rip back to it.

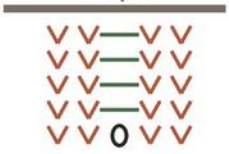
Practice coaster

Cast on	Cast on 23 sts with the long-tail cast on.
Rows 1–4	Knit every row (garter border).
Row 5 (RS)	Knit.
Row 6 (WS)	K3, p17, k3.
Rows 7–26	Repeat the last 2 rows 10 more times.
Practice (after Row 20)	On the next RS row, knit to the centre stitch (st 12). Slip it off the needle on purpose and pull the fabric sideways until it runs down 6 rows. Fix it with a crochet hook (Method 2), then finish the row.
Rows 27–30	Knit every row (garter border).
Bind off	Bind off knitwise. Weave in the ends and block flat.

How to Fix a Dropped Stitch with a Crochet Hook

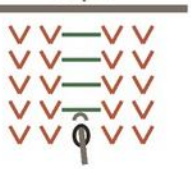
Knit side facing you. Green = ladder bars, black = rebuilt stitches

Step 1



A dropped stitch: the loop has run down and left 4 loose bars (the ladder).

Step 2



Hook into the loop from the front; catch the lowest bar.

Step 3



Pull the bar through: one row is fixed. Take the next lowest bar.

Step 4



Repeat until no bars are left, then put the loop back on the needle.

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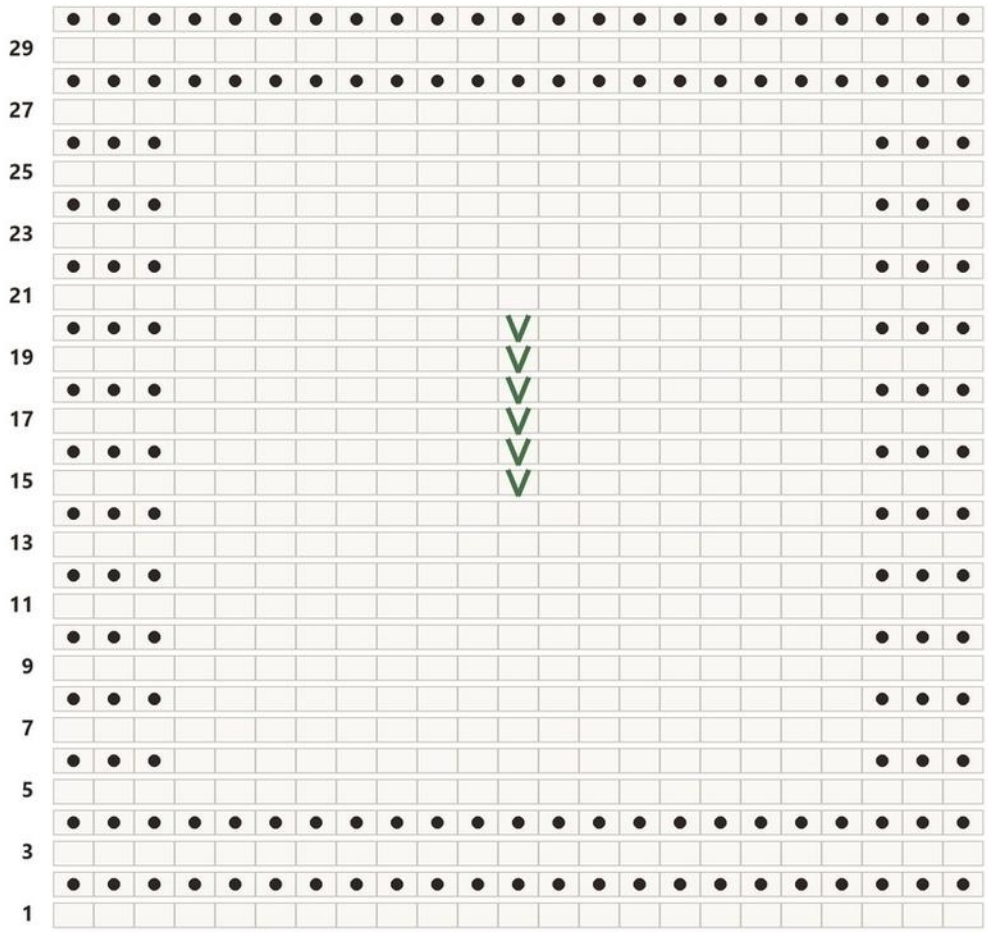
Ladder Practice Coaster · Knitting Chart

23 sts, 30 rows. Green column = the centre stitch you drop and fix (6 rows).



Blank = knit on RS, purl on WS · dot = knit on WS (garter bumps) · green = the stitch you ladder down and back up

Garter border: 4 rows top and bottom, 3 sts each side

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Dropped Stitch Troubleshooting

After the fix: what can go wrong and how to sort it

Problem	What you see	Fix
Twisted stitch after fixing	Its legs cross at the bottom	Knit it through the back loop, or slip it off and put it back right leg in front
Loose or tight fixed column	One column looks different	Ease the slack into the stitches on both sides with a needle tip; blocking evens it out
Bar left over at the top	A strand runs across behind the needle	You skipped a bar: pull the loop back down and pick up again from the bottom
Hole next to the column	A little gap beside the fix	A bar was split: drop it again and pick up the full strand

A gentle wet block hides almost every repaired column.

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