

## Heart Monitor Holder

This item is a small knitted bag for patients that need to wear a heart monitor. The wide strap provides comfort at the back of the neck. Please use a 4-ply yarn so it can be laundered and reused.

Use #6 knitting needles and 4-ply yarn (regular, not wool)

Cast on 40 stitches. K2P2 across row for 6 rows.

Row 7: K2P2 twice, K6, P2, K2P2 three times, K6, P2, K2, P2.

Row 8: K2, P2, K2, P6, K2P2 three times, K2, P6, K2P2 twice.

Row 9: Cable: K2P2 twice, put 3 stitches on double pointed (DP) needed K3, pick up and K3 from DB needle, P2, K2, P2.

Row 10: K2, P2, K2, P6, K2P2 three times, K2, P6, K2P2 twice.

\*\*Repeat rows 7 and 8 twice.

Repeat rows 9 and 10 in cable. (16 rows)

Repeat from \*\* (last 6 rows) for 6 inches.

You now have 5 cables plus four more rows.

Next row: K2P2 in ribbing across row for 6 rows.

Next, bind off 28 stitches, K6, rib 6. Turn and bind off each row (garter stitch) for 24 inch neck band.

Bind off, cut yarn leaving 10" or so. Use a large eye needle or crochet hook and stitch end of band to opposite side. Stitch long side and bottom of holder together.

The finished size of the holder is 3x6". Other patterns of stitches could also be used, such as a plain K2P2 rib pattern.

***Be Creative! Use Various Colors!***