

## Parts of a Sock



**Cuff:** Usually ribbed, so it clings to the leg. If knitting top-down, it's the cast on edge. If knitting toe-up, it's the cast off edge.

**Leg:** Knitted as a tube and can have an overall pattern, texture stitches or other colors and goes down to the heel. At the end of the leg is where the sock is divided roughly into half for front of foot and half for heel.

**Heel:** There are many types of heel techniques. Some are better for top-down and some for toe-up. This shaping is often referred to as "turning the heel." With a flap heel, stitches get picked up on the sides of the rectangular flap. Heel flaps are rarely knit in stockinet, it's just too thin of a fabric; it wears through too easily.

**Gusset:** Once the heel turn has been worked, you'll pick up stitches along the sides of the heel flap to join the leg stitches back into the work. The gusset of a sock is a triangular section of knitting on the side of your foot that connects the heel to the foot section of your knitting. There are two gussets **on** a sock, one each side of your foot. Typically, only socks with a heel flap have a gusset.

**Instep:** The instep refers to the portion of the sock covering the top of the foot. It is often worked in the same pattern as the leg of the sock, resulting in a seamless continuation of the design from ankle to toes.

**Sole:** The sole of the sock covers the sole of the foot. The sole is often knit with only stockinet stitch. This creates a smooth fabric that is not bumpy or uncomfortable to walk on.

**Toe:** The toe of a sock is a narrower section to cover up your toes. There are several different shapes and types of ways to create toes. The most common is a wedge shape, followed by a more rounded semi-circle.

Like the sole of the sock, most toes are knit in plain stockinet stitch to create a comfortable fabric in an area that will rub a lot. You can also knit them in a contrast color for added visual interest.

For cuff-down socks, this is the last part of the sock you knit, using decreases to narrow the tube. Finally, you close up the tube with a grafting step, combining the last few live stitches.

As the name implies, toe-up socks begin at the toe, using a special cast-on to create a seamless pocket from which you increase the number of stitches before continuing to the foot.