

Knitted Sock Heel Types

Some of the heel patterns listed can be used if you are knitting socks top-down or toe-up. It's all up to you, the heel pattern you choose to use. I'm sure that there are heel types that I've not listed and that this list is not a complete list.

Top-Down

1. French (aka Round Heel) – tutorial at KnitPicks
2. Dutch (aka Square Heel) – tutorial at KnitPicks
3. *Taffy/Welsh – In Finnish, includes other heels. *Translate in Google.
4. Welsh Heel – In English
5. Band (aka German Strap Heel)
6. Handkerchief Heel (aka V Heel)
7. Gusset Heel – For Dummies
8. Half Handkerchief
9. Fish Lips Kiss Heels – by SoxTherapist
10. Balbriggan – instructions at Liberty's Yarn
11. Double-stitch Short Row – Tess Knits
12. Sherman Heel – Hipknitism
13. Fleegle Heel Video Link
14. Double Gusset Heel – Turtlegirl's Bloggy Thing
15. Strong Heel – Aaron Clark's Easier socks with the Strong Heel developed by Gerdine Crawford-Strong, pdf
16. OMG Heel – Megan Williams
17. German Short Row aka Boomerang Heel – Suzanne Bryan
18. Horseshoe Heel - Socks Heels Heather Storta

Toe-Up

1. French
2. Dutch
3. Round
4. Reverse Dutch
5. Heel Shaped common heel – part of the Vanilla Sock pattern
6. Eye of Partridge – part of the Vanilla Sock pattern
7. Gusset Heel – Toe Up – Maia Spins
8. Turkish Heel – Crystal Socklet Heel – Lynn DT Hershberger aka ColorJoy
9. Fish Lips Kiss Heels – by SoxTherapist
10. Fleegle Heel – also a cuff down version, Fleegle Heel video link
11. Seam Free Rounded Toe-up Sock – Lynn Ashton
12. Sherman – Cabezalana
13. Double Stitches Heel – No wrapping, Heidi Bears
14. OMG Heel – Megan Williams
15. Sling Heel – Staci Perry
16. Toe Up Flap Heels - knitting.today
17. Strong Heel
18. Keel Heel

Afterthought Heels

1. Afterthought Heels – for Dummies
2. The Beehive's Aladdin Heel
3. Afterthought Heel socks pattern– La La's Knits
4. Fish Lips Kiss Heels – by SoxTherapist

Short Rows – Toe up or Toe down

1. Short Row Heel
2. Roomier Short Row Heel
3. Hourglass
4. Cat's Sweet Tomato Heel by Cat Borhdi – YouTube video
5. Fleegle Heel
6. Fish Lips Kiss Heels – by SoxTherapist
7. Yo-Yo Heel aka Boomerang - Knit Better Socks

Skewed Heel

1. Skew Sock – Lana Holden

Inserted/Thought About Heel

1. Peasant

The Twisted Sisters Sock Workbook shows how to knit a tube to practice making sock toes and heels. This is a good way to try different ones.