

FULL BICEP ADJUSTMENT

DO YOU NEED A FULL BICEP ADJUSTMENT?

Is your sleeve a little too tight for either the fabric you've chosen, your personal body measurements or the style you've designed in your head?

Try this simple adjustment to widen the sleeve at the bicep and, if desired, all the way along the sleeve from underarm to wrist.

You will find several methods available on the internet to adjust the width of a sleeve. This is just one of them. It's simple & straightforward. If you have a preferred method, by all means use that.

PLEASE NOTE THE FOLLOWING:

In the process outlined on the following pages, you will be using the pivot method to either:

- widen the sleeve at the bicep only; or
- widen the sleeve along the seam from underarm to wrist.

To get the best results, follow the instructions as written.

PATTERNS:



Use this method on the Wanderlust Dress, Trapeze Trio: Long Top, Tunic & Dress & the Allure Bell Sleeve Top*.

**Please note: if you also widen the sleeve hem of the Allure, you'll need to also adjust the Bell opening to match.*

SIZE:

Establish your size using the instructions in the Size & Fit section of your pattern. You'll find this outlined on page 4 of your Pattern Emporium pattern.

You will need to print out the sleeve pattern piece. If you've already made a fit test, use the sleeve pattern piece from that.

MEASUREMENTS:

Bicep: How much you add to the bicep is up to you. You can start as small as 0.5cm (1/4") but I recommend you don't exceed 2.5cm (1") on each side of the sleeve pattern piece. This is a maximum total width adjustment of 5cm (2").

Wrist: If you're adjusting the width all the way along the sleeve seam, you will make an adjustment point at the wrist in Step 2. This measurement will be much smaller than what you'll add at the bicep. I recommend between 0.5-1.5cm (1/4-5/8").

This sleeve adjustment uses your sleeve size as established in the Size & Fit section of your pattern (page 4).

1. Print or trace out sleeve pattern piece for your size. Ensure you mark in all the notches & the grain line.

TRACE & MARK POINTS:

2. Lay sleeve pattern piece down on a piece of paper. Trace around the sleeve lightly in pencil.

Mark the following points along the SEWING LINE of the sleeve pattern piece, 7mm (1/4") in from the edge of the pattern.

A, B & C are pivot points.

A: Top sleeve notch

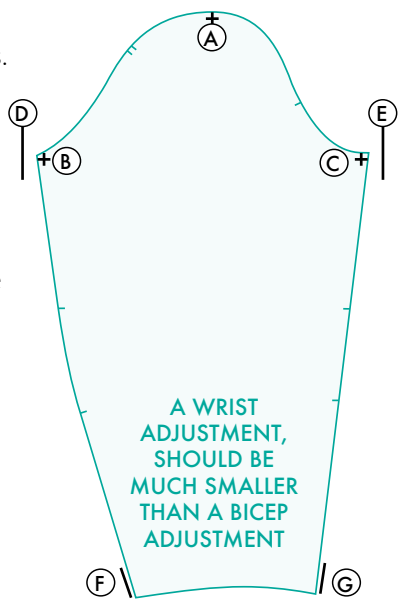
B: Back underarm

C: Front underarm

D & E: 1-2.5cm (3/8-1") out from the edge of the pattern, evenly on front & back.

Optional Wrist Adjustment:

F & G: 0.5-1.5cm (1/4-5/8") out from the edge of the pattern at the wrist, evenly.

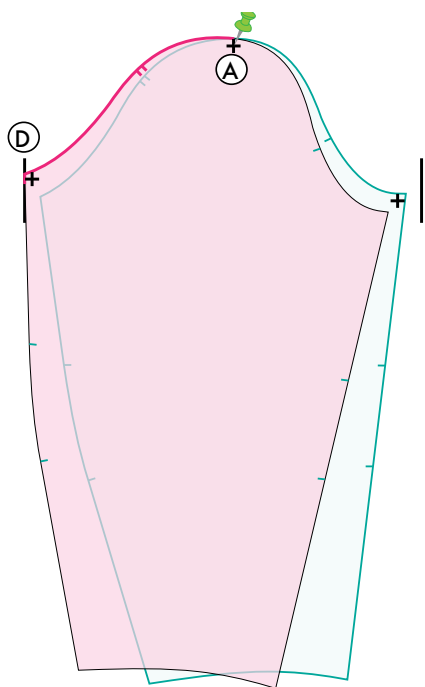


TIP: Pivot points are along the sewing line NOT the edge of the pattern.

BACK SLEEVE HEAD:

3. With your pattern piece lined up with the traced sleeve:

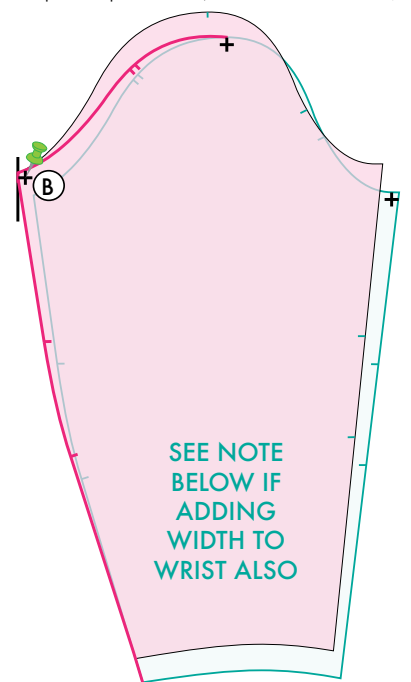
- **Place** a pin in pivot point A.
- **Pivot** the sleeve to the left until the edge of the pattern at the underarm touches line D.
- **Draw** in sleeve head (pink line) & corresponding back notches.



BACK SLEEVE SEAM

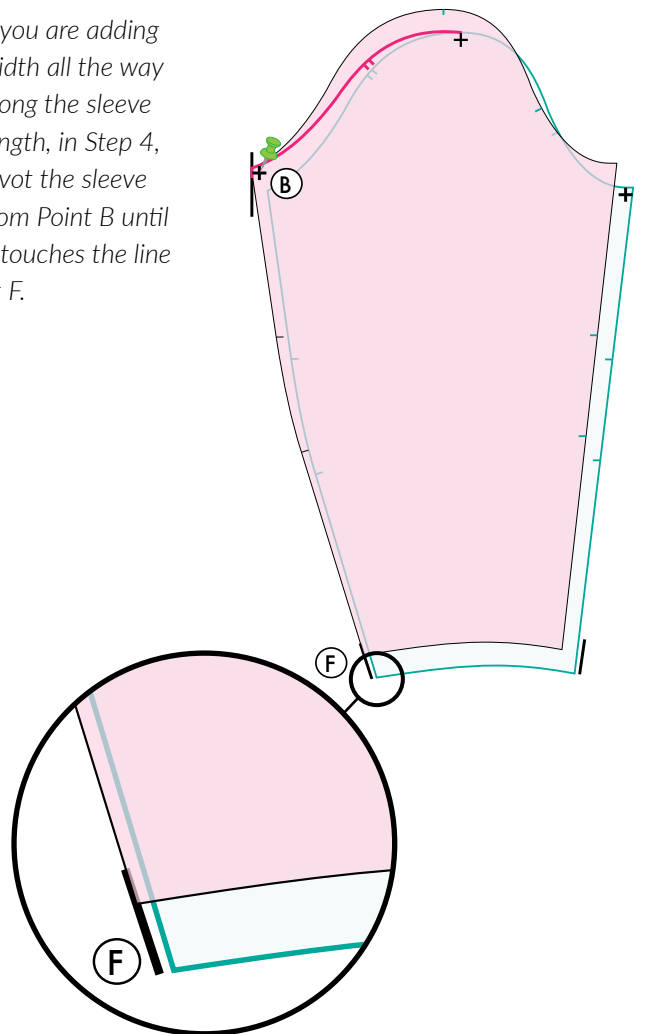
4. Next place the pin at pivot point B (at the underarm, along the seam line NOT the edge of the pattern).

- **Place** a pin in pivot point B
- **Pivot** the sleeve from point B until the edge of the pattern at the wrist, touches the original pattern piece.
- **Draw** in sleeve seam (pink line) from underarm to wrist & back notches.



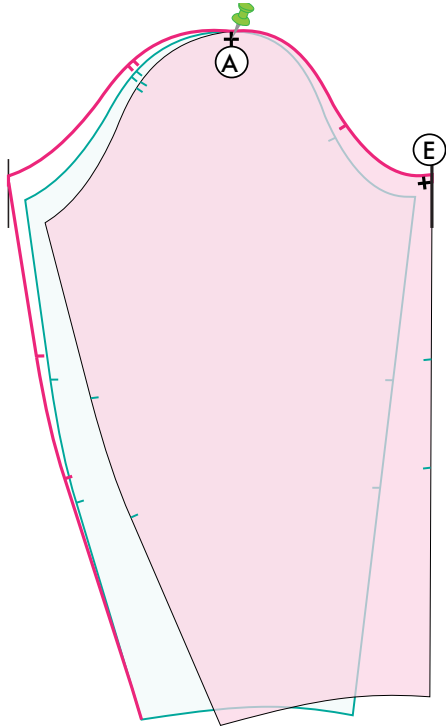
NOTE: ADDING WIDTH TO WRIST ALSO?

If you are adding width all the way along the sleeve length, in Step 4, pivot the sleeve from Point B until it touches the line at F.



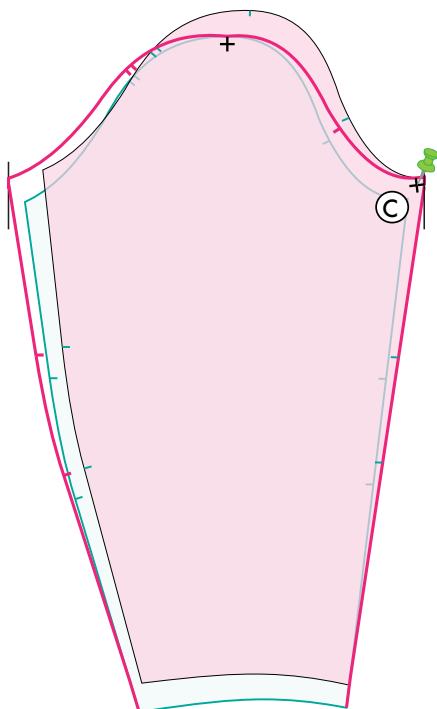
FRONT SLEEVE HEAD & SLEEVE SEAM:

5. Place the pattern back in it's original position. Then repeat steps 3-4 along the front sleeve.
 - With the pin at A, **pivot** the sleeve edge out to line E.
 - **Draw** in the front sleeve head & front notch.



- With the pin at C, **pivot** the sleeve until the pattern touches at the wrist.
- **Draw** in sleeve seam.

TIP: just like on the back, pivot to line G if you're adding width at the sleeve too.



FINISH:

6. Draw in the wrist.
7. Smooth along the sleeve head at A.

