

Forward-thrusted Shoulder - Fitting Tune-Up

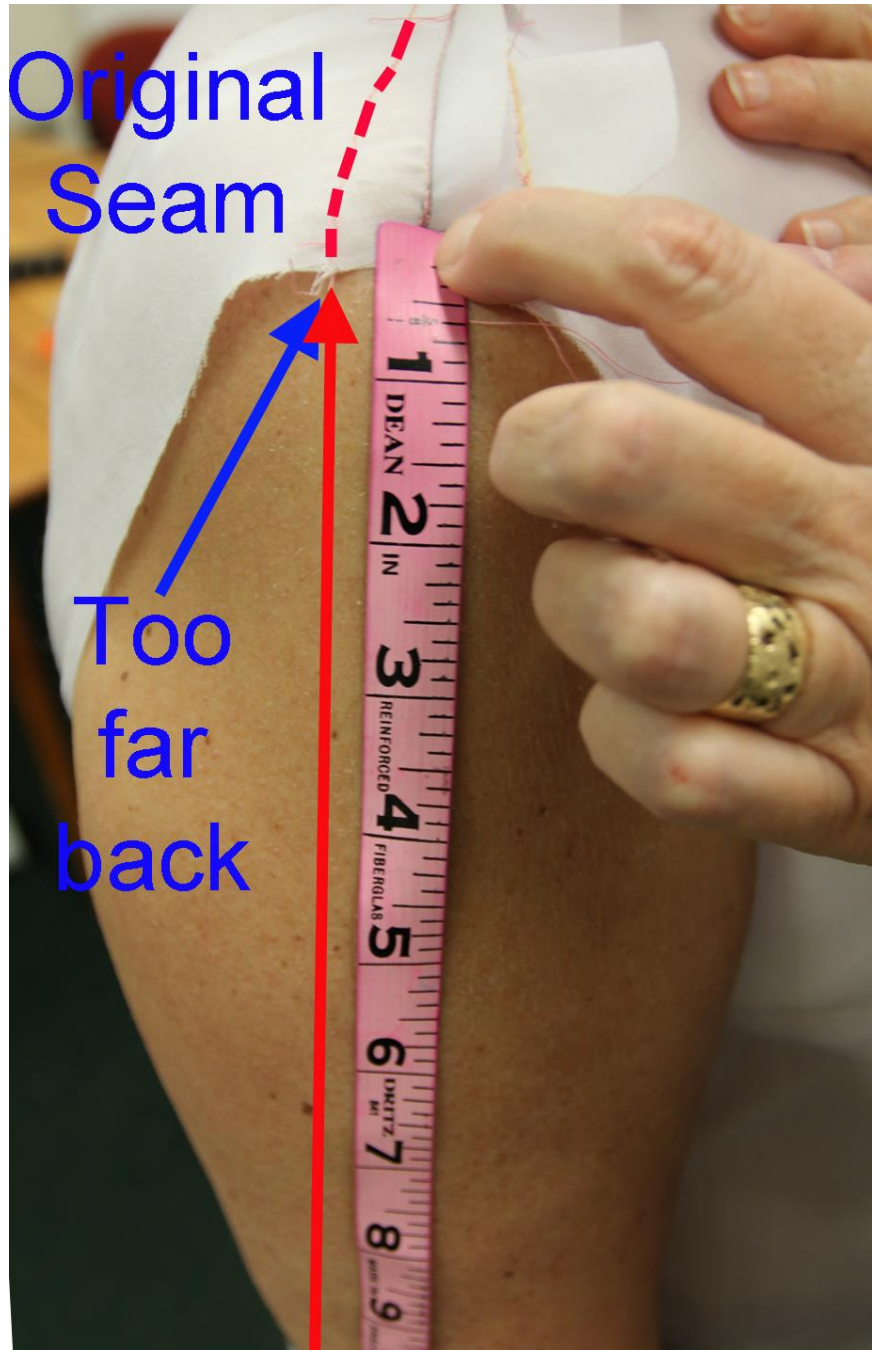
If your blouses, tops and dresses typically ride back on your body and tend to choke you at the front neck, it's very possible that you'll need a forward-thrusted shoulder tune-up. It's generally quite easy to tell if you'll need to make this adjustment.

With your test bodice on, look at where the shoulder seam is sitting in relation to the top of your shoulder. Does it look like it's riding too far back? When you look at the shoulder seam, if you were to drop a tape measure down your arm, does it look like you're dividing your arm in half?

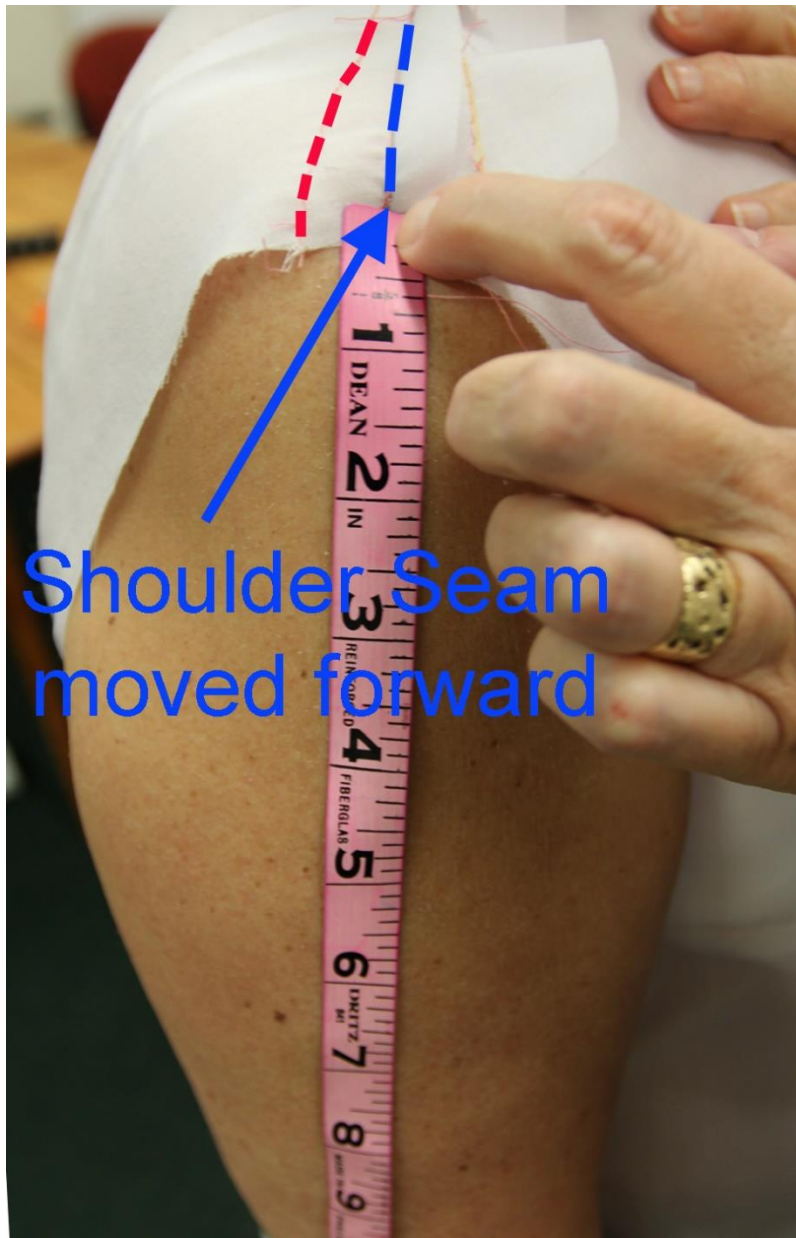
In this photo, you'll see as forward adjusted shoulder seam. Where the tape measure is hanging is now dividing her arm basically in half.



Now, let's take a little closer look at where the original shoulder seam stitching line was. Notice the red dotted line? That's the original shoulder stitching line. Notice that in blue, I've indicated that it is riding too far back on her shoulder. If you follow the red line going downward, you'll see that it is not dividing her arm in half.



In this next photo, I've emphasized the new shoulder seam line which has been moved forward about 5/8" (1.6 cm).



When you make this change on your pattern, you also need to consider the effect on the sleeve cap notch. It too needs to be moved forward the same amount. To make this adjustment, you can see the V-shaped slash line on the pattern. The center where the 'V' meets is the pivot point. The front of the cap is overlapped and the back of the cap opens up the same amount that you moved the shoulder point forward.



The blue notch marks indicates where the shoulder notch is now positioned. The red line indicates the corrected grainline. (This process of re-positioning the sleeve cap notch is shared by Louise Cutting in How to Fit a Changing Figure).

To see a video on drawing the forward-thrusted shoulder alteration, please watch this video: [Click Here](#)