

# CLOTHES FOR INDEPENDENT LIVING

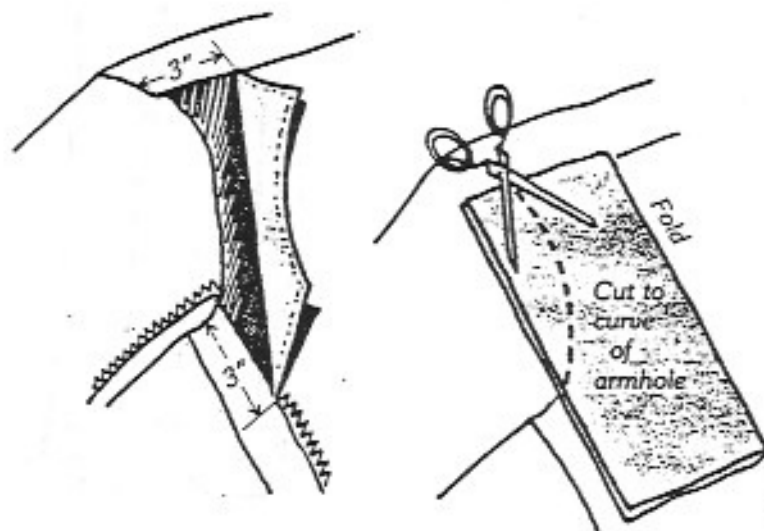
## Action Pleats FOR GREATER COMFORT

### Shoulder Action Pleat

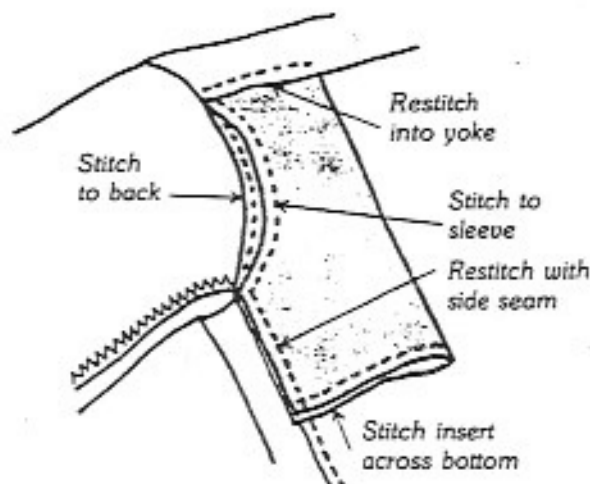
Action pleats can be put into the back or front shoulder areas of clothes and into jackets and coats as well as shirts and blouses.

A matching or near matching piece of soft knit or woven fabric can be set in the armhole to provide more fabric space for reaching and moving without strain.

- 1 Open the armhole back seam up to the yoke or up to the shoulder seam, depending on the style of shirt. Open up the yoke or shoulder seam for 3 inches. Open up the underarm side seam for 3 inches.



- 2 Using a matching fabric, cut out a fabric insert which matches the whole shoulder area—underarm armhole curve, and yoke or shoulder seam. Cut it double, on the fold.



- 3 With right sides facing, sew the armhole sections of the fabric insert to the armhole seam allowance of the sleeve and the shirt back.
- 4 Restitch the opened yoke or shoulder and underarm seams.
- 5 Edge finish raw edges to prevent ravelling.
- 6 Press the pleat area into position.



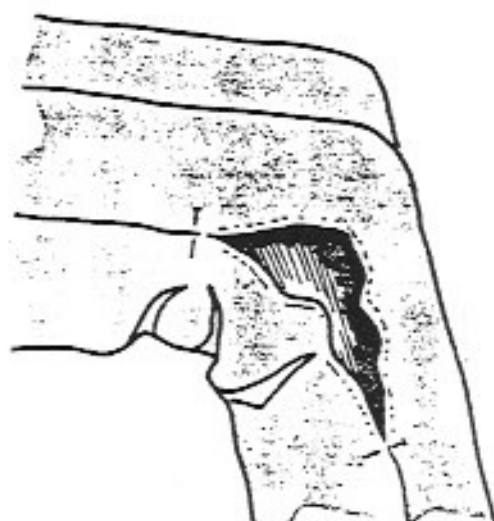
## Knee Action Pleats

A matching or near matching fabric insert can also be sewn into the inside or outside of the knee area.

1 While person is seated, mark the "knee-bend" position on the slacks seams.

2 Open up the seam in the "knee" area for 9-10 inches. A strip of hem tape or twill tape may have to be stitched along each open seam edge because of narrow seam allowances.

4 With right sides facing, stitch the lengthwise sides of the fabric insert strip to the front and back leg seams of the slacks.



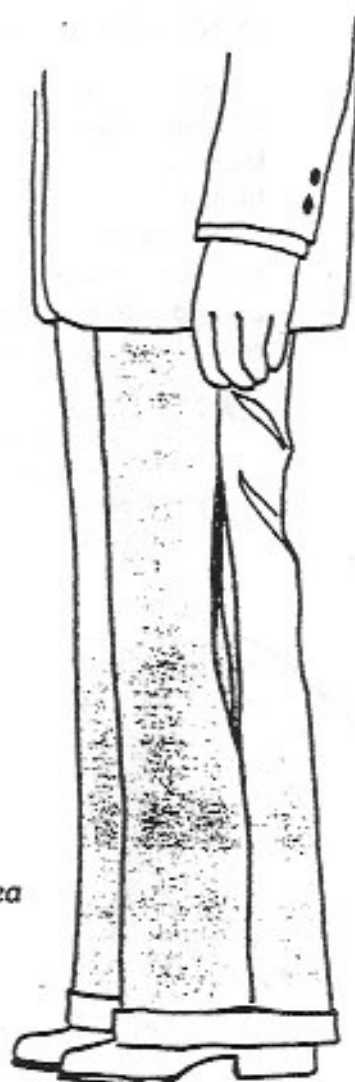
Stitch to  
front seam

Stitch to  
back seam



3 Cut a strip of matching or near matching medium weight knit fabric or woven fabric on the bias. Cut it 2 inches longer than the knee opening and  $1\frac{3}{4}$  to 2 inches wide.

5 Press the pleat area into position.



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