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Clothing for Independent Living – Action Pleats for Greater Comfort  
Michigan State University Extension Service  
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## CLOTHES FOR INDEPENDENT LIVING

# Action Pleats

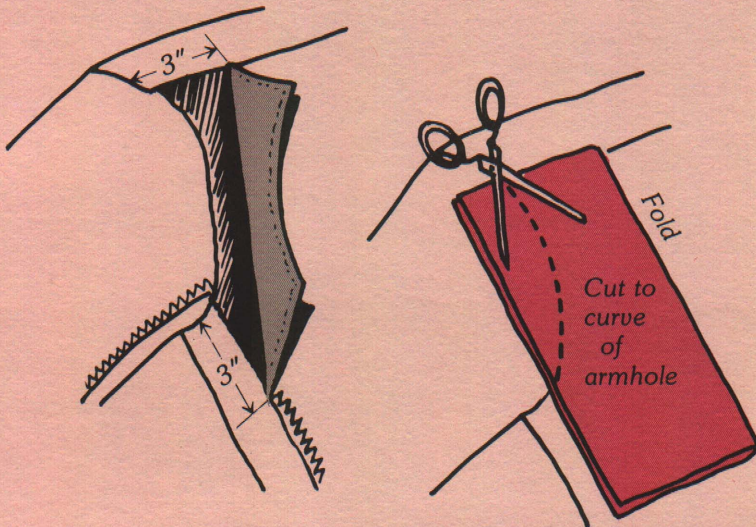
## FOR GREATER COMFORT

### Shoulder Action Pleat

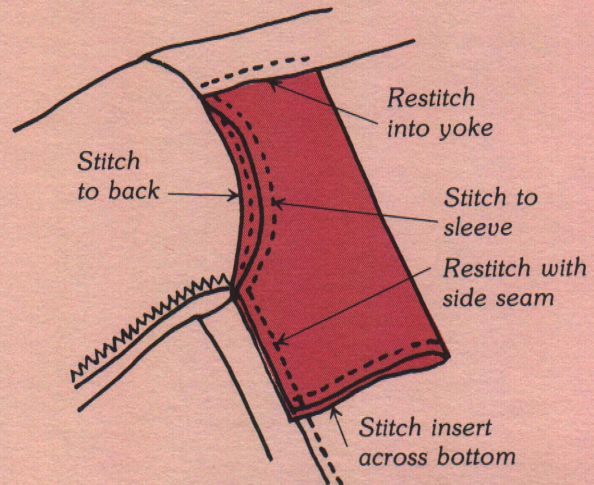
Action pleats can be put into the back or front shoulder areas of clothes and into jackets and coats as well as shirts and blouses.

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.

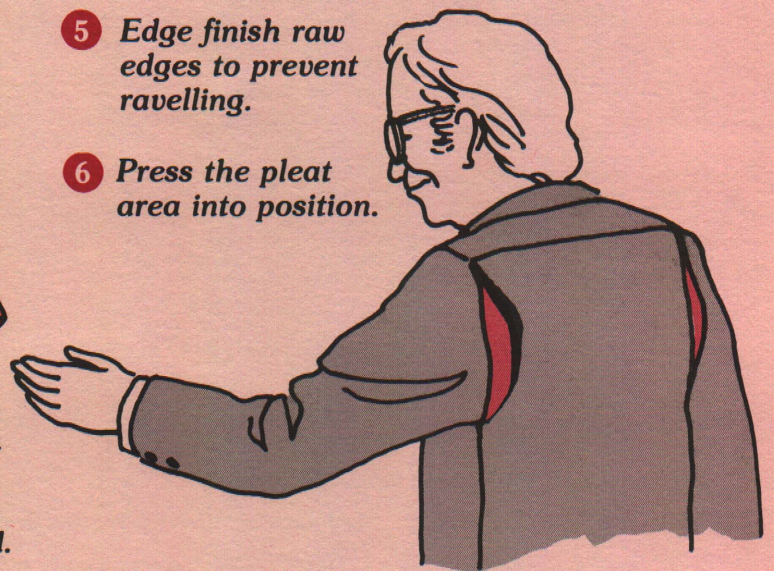
- 1 Open the armhole back seam up to the yoke or up to the shoulder seam, depending on the style of shirt. Open up the yoke or shoulder seam for 3 inches. Open up the underarm side seam for 3 inches.



- 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.

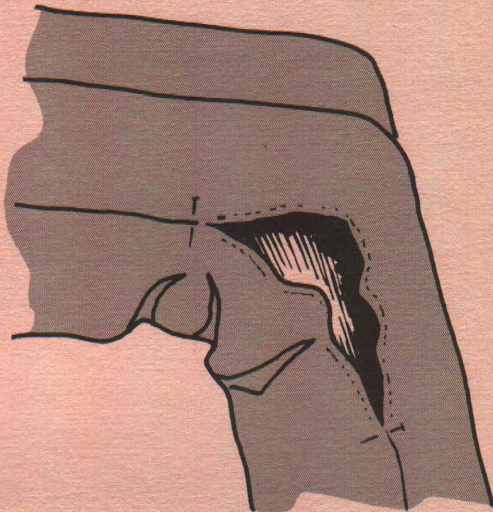




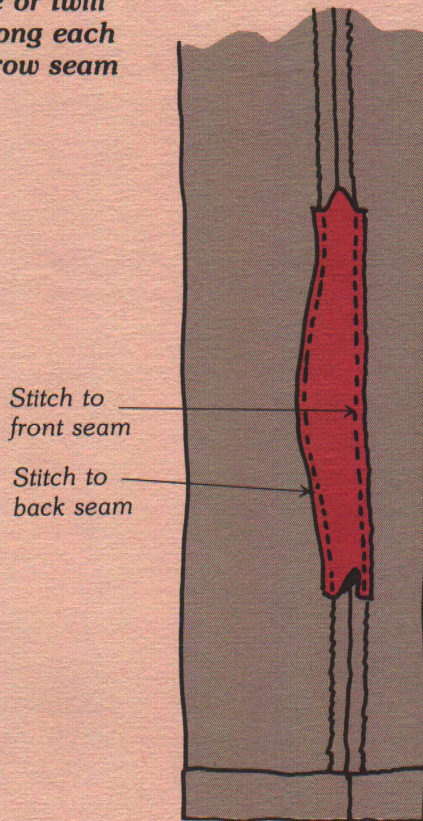
## Knee Action Pleats

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.

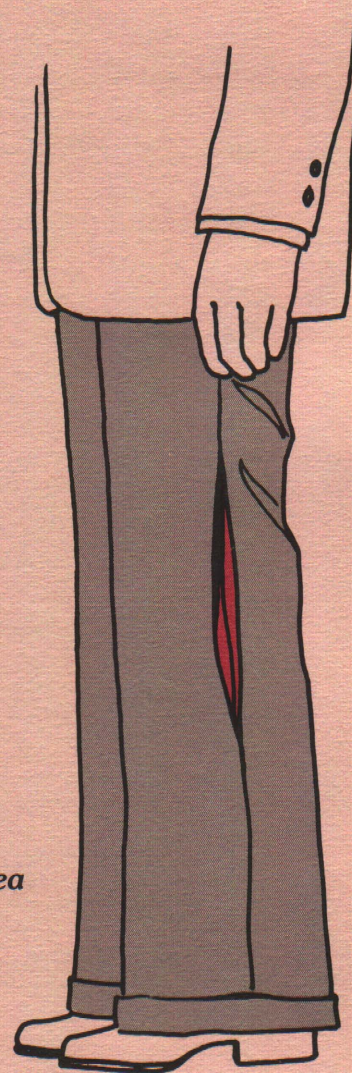


- 4 With right sides facing, stitch the lengthwise sides of the fabric insert strip to the front and back leg seams of the slacks.



- 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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