

# Super- Stretchy Bind Off

This bind off, created by Jeny Staiman, matches the Super Stretchy Cast On, and works great on ribbed edges to maintain stretch without fluttering.

Find a detailed video of the bind off on my website at:

<https://www.talenawinters.com/super-stretchy-bind-off/>



Questions, support, and comments:

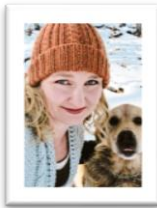
[talena@talenawinters.com](mailto:talena@talenawinters.com)

Find my patterns and tutorials at:

[www.mysecretwish.ca](http://www.mysecretwish.ca)

Join my Knitting Circle:

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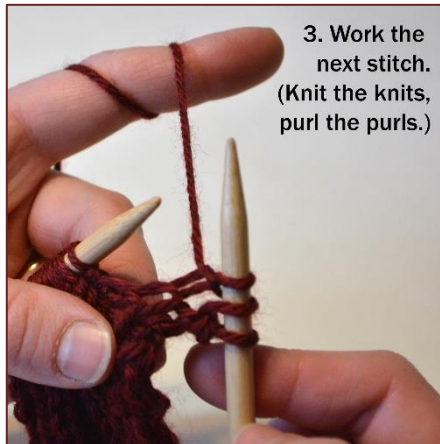
You may be interested in these patterns:



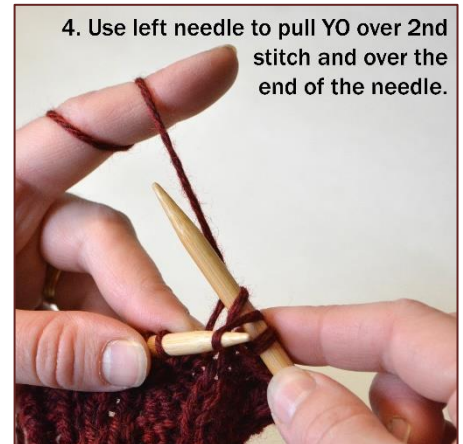
1. Work one stitch.  
(Knit the knits,  
purl the purls.)



2. If your next stitch is knit:  
Reverse Yarn Over (YO) -  
back to front over  
needle (pictured)  
If your next stitch  
is purl: Normal YO -  
front to back  
over needle



3. Work the  
next stitch.  
(Knit the knits,  
purl the purls.)



4. Use left needle to pull YO over 2nd  
stitch and over the  
end of the needle.



5. Use the left needle  
to pull the 1st stitch  
over the 2nd stitch  
and off the end  
of the needle.



6. One stitch bound  
off. The extra yarn  
created by the YO  
is what makes this  
so stretchy.



7. Several bound off  
stitches on a ribbed  
fabric—stretchy, but not  
TOO stretchy.



8. See? :-)